



The Center for Stress Management

In Partnership with Epiphany of the Lord Catholic Community

CAREGIVERS SUPPORT GROUP

What?

A support group for those caring for someone with an illness facilitated by a certified spiritual director.

When ?

2nd Thursday of the month

Sept. 9, Oct. 14, Nov. 11, Dec. 9, 2021

10:00AM – 11:30AM

Where?

Epiphany of the Lord Catholic Community

Parish Outreach Center

1530 Norwalk Drive

Katy, TX 77450

Facilitated by:

Pat Kerlin, Certified Spiritual Director

?? Questions ??

Call 281-703-8666 or

Email: pat@cfsmkaty.com

Respite care, for those needing care, is available through the Gathering Place from 10AM – 1PM. Reservations are required by calling 832-772-0305.

The Center for Stress Management is a multi-disciplinary team of independent practitioners, who assist in reducing stress, increasing wellness and helping people live fully. Services in counseling, spiritual direction, chaplaincy, wellness, and stress screening are offered.

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