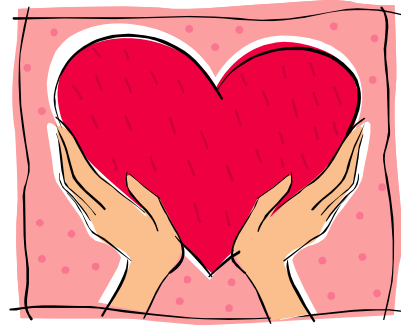




# Care for the Caregiver

## Stress Reduction for Family and Friends

A workshop for caregivers to learn how to better care for themselves while caring for their loved ones.



**THURSDAY, August 27, 2009**

**7:00-9:00p.m.**

**St. Monica Church**

**13623 Rockside Road**

**Garfield Heights, OH 44125**

Questions about the event? CONTACT:

Jason Lewis, Older Adult and Bereavement Specialist  
216-334-2974 or [jrlewis@clevelandcatholiccharities.org](mailto:jrlewis@clevelandcatholiccharities.org)

Or

Leanne Mahovlic, Director—Office for Women in Church and Society  
216-696-6525 x3070 or [lmahovlic@dioceseofcleveland.org](mailto:lmahovlic@dioceseofcleveland.org)

**Registration is required—limited space—please register early!**

**Cost: \$5.00**

To register for this event, send registration form with payment to:

Department for Marriage and Family Ministry

c/o Jason Lewis

7911 Detroit Avenue

Cleveland, OH 44102

*Checks can be made payable to: Department for Marriage and Family Ministry*

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Name: \_\_\_\_\_ Parish \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_

For office use only:

Date Received \_\_\_\_\_ Check Number \_\_\_\_\_ Amount \_\_\_\_\_ Date Recorded \_\_\_\_\_