



The Center for Stress Management

In Partnership with Epiphany of the Lord Catholic Church

CAREGIVER'S SUPPORT GROUP

What?

A support group for those caring for someone with an illness, facilitated by a licensed professional counselor.

When ?

2nd Thursdays of the month

Jan 11, Feb 8, Mar 8, Apr 12, May 10, June 14

10:00AM - 11:30AM

Where?

Epiphany of the Lord Catholic Church

1530 Norwalk Drive

Parish Outreach Center

Katy, Texas 77450

Facilitated by:

Kris Kerlin, LPC-S, Licensed Professional Counselor

Questions?????:

Call 713-471-9977 or

Email kris@cfsmkaty.com

Respite care, for those needing care, is available through the Gathering Place from 10AM - 1PM

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, and wellness are offered. We believe that human beings are designed to live fully as serene, happy and free people. Whether you are dealing with the stressors of daily life or major stressors such as illness, loss of a loved one or post-traumatic stress, we can help.

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