



The Center for Stress Management

In Partnership with Epiphany of the Lord Catholic Church

CAREGIVER'S SUPPORT GROUP

When ?

2nd Thursdays of the month

July 14, Aug. 11, Sept. 8, Oct. 13, Nov. 10, Dec. 8

10:00AM – 11:00AM

Where?

Epiphany of the Lord Catholic Church

1530 Norwalk Drive

Parish Activity Center, Room 307

Katy, Texas 77450

Who?

Kris Kerlin, LPC-S, Licensed Professional Counselor

Questions?????:

Call 713-471-9977 or

Email kris@cfsmkaty.org

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 healthcare professionals, 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.

535 E. Fernhurst Drive, Ste. 206, Katy, TX 77450

E: info@cfsmkaty.com W: www.cfsmkaty.com