



# The Center for Stress Management

In Partnership with Epiphany of the Lord Catholic Church

## CAREGIVER'S SUPPORT GROUP

### When ?

4th Wednesday of the month

Next Meeting: **Wednesday, September 25, 6:30 - 7:30PM**

### Where?

Epiphany of the Lord Catholic Church

1530 Norwalk Drive

Room 400, Parish Outreach Center

Katy, Texas 77450

### Who?

Kris Kerlin, LPC-S, Licensed Professional Counselor

Debbie Ziegler, Spiritual Director & Chaplain

### Questions?????:

Call 713-410-3191 or Email

[debbie@center4stressmanagement.org](mailto:debbie@center4stressmanagement.org)

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 (nutrition and exercise) 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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