



Caregivers Workshop

Agenda

8:00 AM	Liturgy
8:00 – 8:45	Sign-in and Breakfast
8:45 – 9:00	Welcome by Father Pat Robinson
9:00 – 9:30	Centering Down by Rev. Marty Gero CCHT, RMT3
9:30 - 10:30	Life – Suffering – Loss
10:30 -10:45	Break – Resource Sponsors
10:45 -11:30	Grief Experiences
11:30 -12:30	Helping Myself
12:30 - 1:30	Lunch
1:30 - 2:30	Role of the Caregiver (Important Skills)
2:30 – 2:45	Break – Resource Sponsors
2:45 - 3:45	Forgiveness (and other stumbling blocks)
3:45 - 4:15	The Prayer of St. Francis as a Guide for Caregiving
4:15 - 4:20	Evaluation Sheet
4:30 PM	Liturgy