



A Christ-Centered Ministry

Supporting the Practical, Emotional and Spiritual Needs of Family Caregivers



Caregivers need care too

Nourish for Caregivers is an adult support group for anyone juggling the challenges of life, health, career and caring for an aging or ailing spouse, parent, child or grandchild at home, in town or at a distance. It aims to support caregivers in finding peace, comfort and joy in their caregiving journey.

The support group will meet the second Wednesday of the month at Sacred Heart Hall, 201 Bach Street, La Porte, Indiana at 6:30 p.m. Each meeting includes a timely topic, participant handouts, discussion and prayer. There is no cost to the program.

For more information contact: Deacon Frank J. Zolvinski – 219-575-1090; fzolvinski@sacredheartlp.org ; Karen Yates – 219-363-5323 kyates@csinet.net ; or Diana Riley – 219-363-6704 dmriley101@gmail.com