

REGISTRATION FORM

Please return this form to the
Franciscan Life Center

Name _____

Address _____

City _____ State _____ Zip _____

Best Phone Number:

Cell _____

Home _____

Work _____

Email _____

Referred by _____

Register today by mail, fax, or email to

271 Finch Avenue
Meriden, CT 06451
(f) 203-639-1333
smc@flcenter.org

Additional registration forms are also available
at flcenter.org.



The Franciscan Life Center
is a nonprofit multi-disciplinary
human service agency founded by the
Franciscan Sisters of the Eucharist in
1974. For over 50 years, the staff has
been providing professional services
and programs supportive of growth
and healing as well as enrichment of
marital and family relationships.

DIRECTIONS

The Franciscan Life Center is located at 271
Finch Avenue on the Meriden/Cheshire line.

From I-91: I-691 West to Exit 5. Left onto
West Main Street. Right onto Gwen Road.
Right onto Johnson Avenue.
Left onto Finch Avenue.

From I-84: I-691 East to Exit 5. Right onto
West Main Street. Right onto Gwen Road.
Right onto Johnson Avenue. Left onto
Finch Avenue.



A Caregiver's Well-Being

*Two-session Retreat of
Learning, Prayer, and Reflection
for Those Caring for a
Loved One with Dementia*

Saturday, February 1, 2025
Saturday, February 8, 2025
1:00 pm - 4:00 pm



Franciscan Life Center
271 Finch Avenue, Meriden, CT 06451
203-237-8084 flcenter.org

Learning, Prayer, and Reflection

Caring for a loved one with Alzheimer's disease or another dementia is a journey that is physically, emotionally, and spiritually challenging. The stress of caregiving places seemingly endless demands on our body, mind, and soul that can leave us feeling emotionally and spiritually drained.

A Caregiver's Well-Being retreat is a two-session, 6 hour retreat offered on consecutive Saturday afternoons (3 hours each day). The retreat provides an opportunity for learning and connection among caregivers in a peaceful, Christ-centered environment. The day includes presentations and personal sharing by experienced caregivers and health professionals, prayer, individual reflection and group discussion.

Presentation topics include:

- **Understanding types and symptoms of dementia.**
- **Managing caregiving stress.**
- **Discovering deeper meaning in caregiving relationships.**
- **Deepening our relationship to God in the midst of suffering.**
- **Identifying resources for caregiver support and growth.**

Embracing the stress of caregiving while never losing sight of our loved one's dignity as a person is never an easy task. We invite you to join us as together we grow in caregiving knowledge, in skills, and, in hope.

Presenters:

Thomas Finn, Ph.D.

Donna Finn, MS, PT

Sister Catherine Mary Clarke, FSE,
LCSW at Franciscan Home Care
and Hospice Care

Registration information:

Cost: \$75.00

includes refreshments