

Replenish

-to fill something or someone back up-

A One-Day Retreat for Caregivers

Saturday, September 23, 2023

The Redemptorist Retreat Center, Oconomowoc, WI



- 9:00 am Volunteers arrive
- 9:30 Check-in with Coffee, Tea, and Light treats
- 10:00 **Grappling with Grief & Depression. Mine - and Theirs**
Plenary Session 1 with Beth Warnes
- 10:30 Break – Discussion, enjoy the grounds
- 11:00 **Keeping Love Alive & Awake**
Plenary Session 2 with Beth Warnes
- 11:30 Break – Discussion, enjoy the grounds
- Noon Lunch –
- 12:45 pm **Taking Care of the Caregiver** (That would be you)
Quality self-care so we can give care long term
Discussion with facilitator
- 1:15 Break
- 1:30 **Stuff That Works – OK, helps**
Helpful routines, services, caregiving hints
Discussion with facilitator
- 2:00 Wrap-up, blessing, eval/surveys
- 2:20 – 4:00 Enjoy nature, conversation, or solitude

This retreat is free to you if you're a caregiver for a friend with MS, but you need to register.

Please complete the Registration Card and return it to MS-JKM,

Or send a note with
○ your full name,
○ email address and
○ phone number to
phil.ransom@gmail.com.

MS-JKM is covering the cost of this retreat, thanks to the generous gift from the 2022 Teed-Off at MS golf outing.

Thank you for honoring your registration.



Speaker – Beth Warnes, Psy. D. Family Service, Waukesha. Counsellor, Therapist, specializing in Depression, Anxiety, Stress Management, Grief/Loss, Relationships, Anger Management. Mother of three, Active volunteer for Girl Scouts and church, Enjoys hiking & geocaching.

While there is no program for friends with MS today, please let us know if your loved one needs to be nearby. We'll enlist volunteers to care for them so you can come.