



Are you a caregiver for a family member?  
Are you dedicated to caring for others?



**We invite you to connect and join a conversation to emotionally and spiritually support all those who offer care for others during this time of uncertainty and anxiety.**

**WE ARE HERE FOR YOU DURING THIS COVID-19 PANDEMIC.**

### Connect Live on Zoom

Jul 15, 2020 | 7:00 PM  
Aug 19, 2020 | 7:00 PM

Sep 16, 2020 | 7:00 PM  
Oct 21, 2020 | 7:00 PM

Nov 18, 2020 | 7:00 PM  
Dec 16, 2020 | 7:00 PM

#### Zoom Links

<https://us02web.zoom.us/j/83759720206>  
Meeting ID: 837 5972 0206  
Find your local call in number:  
<https://us02web.zoom.us/u/keHkczBoCM>

#### For More Information

We plan to have more meetings in the future.  
For more information, contact Mimi Streett at [mstreett@oakdiocese.org](mailto:mstreett@oakdiocese.org) or call 510-893-4711.

WELCOME TO NOURISH  
FOR CAREGIVERS



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