

HOW TO LIVE WHEN LIFE CHANGES

coping with medical crisis

Mondays, 6-8pm, Life Development Bldg, Room 200c, Free

Has a medical crisis caught you by surprise? Have you or someone you love been diagnosed with a life-changing or life-threatening disease? Has an accident taken vitality from someone close to you? Join us for support, prayer, and information.

You don't need to be alone.

September 23, 2013

Topic: Caregiver Empowerment and Self Care

- Deal with the stress of being a care giver
- Grapple with the dramatic changes in family roles or lifestyle
- Self-care and self-empowerment
- Create action plans

November 4, 2013

Topic: New Traditions & Celebrations Before Life's Passing

- Throw a living wake: where family, friends, and church communities can gather to celebrate a person's life using a eulogy
- Celebrate the culmination of one's life appropriately
- Hold a "last wish" celebration

January 20, 2014

Topic: Being a Compassionate Companion to a Friend or Family Member Facing Illness

- Actively listen to a loved one during their last days
- Encourage and navigate meaningful conversations
- Get the loved one to find peace: encourage reconciliation and getting closure on incomplete business

March 17, 2014

Topic: When someone you Love is Facing the End of Life

- Get affairs in order: End of life planning and legal matters (legal, financial, mortuary, building your team, church support, veteran affairs, insurance, and benefits)
- Anticipate grief: learn what to expect through the emotional process
- Create special moments and ensure a lasting legacy
- Talk about death and dying with children

May 19, 2014

Topic: Caring for a Loved One with a Chronic Illness

- Create a healthy support system
- Communicate with and understand Health Professionals (Doctors, health care providers)
- Implement self-care
- Explore the resources available to you

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For more info please contact: Jeremy Pector, Community Relations Faith Based Consultant

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