



2021 Winter CareGivers Retreat at Tower Hill Camp and Retreat Center

Sunday, February 7—Tuesday, February 9

Step away from your responsibilities as caregiver for a time of rest, to reflect and be renewed:

Are you feeling burned out as a caregiver? Can you use some time away to recharge while gaining useful tools to make caregiving more manageable? Join us for a Caregiver Retreat where you will get group coaching, practical caregiving resources, spiritual direction, and much more.

Our time together will include coaching sessions each morning and afternoon, as well as time for fireside chats, sunsets on the beach, and walks in the woods.

Cost of \$350 includes lodging (Sunday—Tuesday) and meals (Breakfast Monday—Lunch on Tuesday)

Register at: <https://pilgrimpark.campbrainregistration.com>

We follow Covid-careful protocols to mitigate risks and keep everyone as safe as possible