

Course offers care for caregivers

Special to The Clinton Courier

About forty million Americans are tending to the needs of elderly or chronically ill loved ones. Those who struggle with the demands of caregiving can receive spiritual and emotional care for themselves at Soul Care for Caregivers, a new Millsaps College Community Enrichment course.

Soul Care for Caregivers will meet on the Millsaps Campus from 6 until 8 p.m. for four Mondays

beginning April 8. During these sessions, participants will share their caregiving challenges in a supportive, nonjudgmental community and celebrate the gifts they receive from offering care, seek peace and healing through prayer and spiritual practices and learn stress-relieving self-care strategies.

"Soul Care for Caregivers is a restful and prayerful time to pay attention to the ways God is with us in our caregiving," says Rev. Sherry

Johnson, the Clinton spiritual director who guides the course. "At the heart of Soul Care for Caregivers is the compassion God pours out on both the caregiver and the care receiver."

The cost of Soul Care for Caregivers is \$100, plus \$12 for the Courage for Caregivers workbook, which features inspiration and wisdom from spiritual writer, Henri Nouwen.

For details and registration, visit millsaps.edu/enrichment, click "Personal Development" in the purple

box and scroll down to the course description, or call 601-974-1130.

•• INFO BOX ••

Details and registration available at <http://millsaps.edu/enrichment>.

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