

# Labor of Love

*Facing the Challenges of Caregiving:  
A Workshop for Current and Former Caregivers*

**Presented by Nancie Potter, JD, LMFT**

It's one thing to nurse a family member or friend back to health after an injury or medical procedure. But caring for a loved one with chronic or terminal illness can feel like too much to bear. Fear, anxiety, confusion, disappointment, uncertainty, sadness, and anger can sap emotional strength and undermine spiritual foundations. Layer in grief, guilt, shame, underlying relational issues, or outside stressors, and even the most committed caregiver can be overwhelmed. This workshop offers hope and help for both current caregivers and those whose caregiving has come to an end.

**Presenter Nancie Potter will address these issues and more with warmth, expertise, and understanding. Bring your questions!**



**The Northwest Catholic Counseling Center**

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8383 N.E. Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503.253.0964

[www.nwcounseling.org](http://www.nwcounseling.org)

**When:**

**Saturday, May 16<sup>th</sup>, 2020**

*10am – 12pm*

**Where:**

**The Northwest Catholic  
Counseling Center**

*8383 NE Sandy Blvd. Ste 205*

*Portland, OR 97220*

**Cost: \$30\***

**Register Online:**

[nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

**Or Call:** (503) 253-0964

*Pre-registration required. Workshop fee must be paid at time of registration.*

*\*Hardship scholarships available upon request*

**Need Respite Care?** Visit the registration page on our website for resources!