



ST. CHARLES
BORROMEO
CATHOLIC PARISH

Wellness Seminar

May 13, 2023

9:00 a.m. to 4:00 p.m.

Saint Charles Borromeo

Parish Center

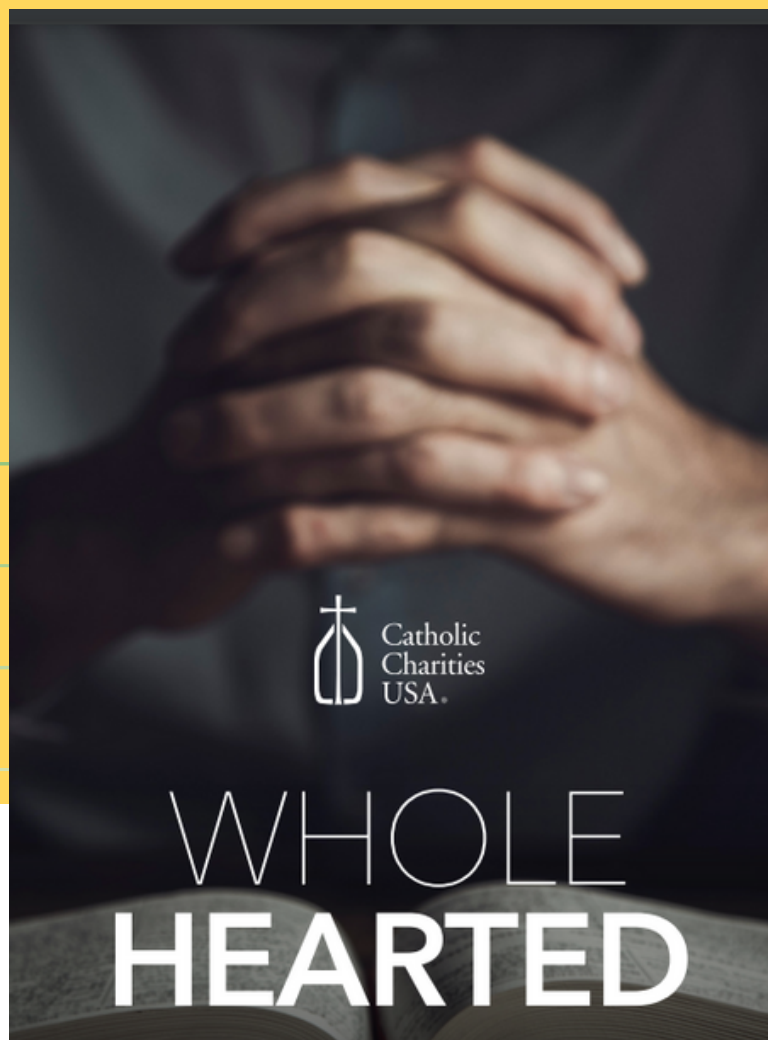
7112 S. 12th Street

Tacoma, WA 98465

Whole Hearted is a parish wellness seminar developed by Catholic Charities, USA. It is designed to help participants:

- **Recognize the impact of traumatic, painful time(s)** and assess their own current response to the impact.
- **Use prayer and other spiritual practices** as sources of strength and renewal.
- Privately **identify the intentional work needed to move forward.**

This seminar is being presented as part of the Grief Ministry for Saint Charles Borromeo Parish and will be facilitated by Tom East, Pastoral Assistant for Initiation, Grief, and Marriage Ministries.



To register for this seminar, please use the form on the reverse side of this flyer or call Tom East at 253 564-5185 x 3037, or email: teast@stcharlesb.org

*"For I know the plans I have for you,
says the Lord.
They are plans for good and not disaster,
To give you a future and a hope.
If you look for me wholeheartedly,
you will find me."*

Jeremiah 29: 11-12 NLT

Whole Hearted - Wellness Seminar Registration Form

Saint Charles Borromeo Parish - May 13, 2023

Please print:

Name _____ Email Address _____

Phone _____

Return this form to:

Tom East, Saint Charles Borromeo Parish
7112 S. 12th Street, Tacoma, WA 98335

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