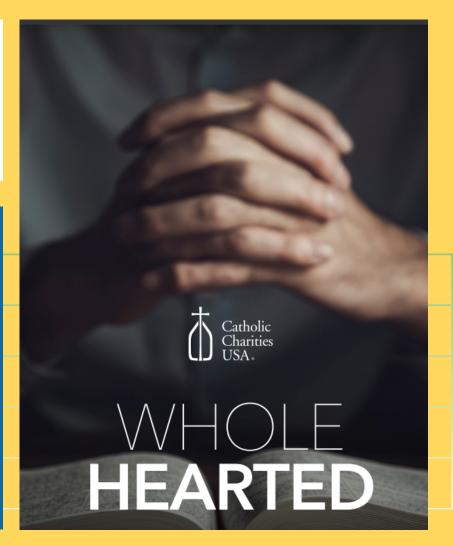


Whole Hearted Wellness Seminar

May 4, 2024 9:30 a.m. to 3:30 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 times 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 Mental Health and Wellness Ministry for Saint Charles Borromeo Parish which includes: Regina Puratich – Nurse Practitioner (Chairperson), Craig Schlattmann – Licensed Clinical Social Worker, Lois East – Masters in Social Work, and Tom East – Master of Arts in Religious Studies (Parish Staff).

See reverse side for instructions to register.

Registration Form

Whole Hearted - Parish Wellness Seminar Saint Charles Borromeo Parish - May 4, 2024

Phone

Return this form by May 1st to:

Tom East, Saint Charles Borromeo Parish * 7112 S. 12th Street, Tacoma, WA 98335 Or, you can register by phone by calling: 253 564-5185 x 3037.

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ST. CHARLES BORROMEO CATHOLIC PARISH Register online using this link ->



