

**THE NINE FREE PASTORAL CARE SESSIONS TO BE HELD VIA ZOOM FOR CONSECUTIVE SATURDAYS, JANUARY 28, 2023 @ 2.5 HOURS EACH (9:30-NOON) EXCEPT FOR SPRING BREAK (MARCH 18) TO CONCLUDE APRIL 1**

Session 9  
Spouse  
Caregiving, and  
Healthy Boundaries  
& Self-Care  
April 1

Session 1  
Basics of  
Pastoral Care  
January 28

Session 2  
The Healing  
Ministry of Christ  
February 4

Session 8  
Who Am I as a  
Pastoral Care  
Outreach Visitor?  
March 25

Session 3  
Listening and  
Communication  
February 11

Session 7  
Grief and  
Bereavement:  
Ministering to  
Families  
March 11

Session 4  
Elderly Isolation,  
Loneliness and the  
Journey with  
Dementia  
February 18

Session 6  
The Grieving  
Process  
March 4

Session 5  
Palliative Care  
and the Healing  
Ministry for the  
Dying  
Feb 25

**For further  
information,  
please contact:  
Moira King, Chair**

**Diocese of Victoria Health Care Committee**

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