



## Caring for Others... and Yourself

### Are you...

- Committed to the work of justice, equality, and dignity?
- Seeking ways to avoid burnout and despair in the face of opposition?
- Looking for strength within and outside of yourself?
- Looking for a community that will hear and support you?

If you said "yes," The Kittamaqundi Community Church will be hosting a mutual support and learning group that may be perfect for you. While participants may bring up religious and philosophical beliefs, there will be no other religious exposure and no attempts at persuasion. Members may talk about pressures and hurdles in the current environment, but the group is designed around personal growth, community care, and service, not politics. This is a community service of the church, open to all.

The group will meet in person in the evening every 2 weeks in February and March, exact dates to be announced soon. If you are interested in more information, email Ken Katzen at [kkatzen01@gmail.com](mailto:kkatzen01@gmail.com).