

Henri Nouwen Society CAREGIVING RESOURCES:

■ BOOKS

Courage for Caregivers: Sustenance for the Journey

Courage for Caregivers: Retreat Participant Workbook

Hope for Caregivers – a 42 day devotional

Courage for Professional Caregivers:
Is under development

■ RETREATS for caregivers supporting family/others.

■ SPEAKERS who can facilitate conferences to share the Henri Nouwen Society caregiving resources.

■ LEADERSHIP TRAINING MODEL Support for churches & professional organizations with a training model to develop leadership for caregiving resources.

FOR MORE INFORMATION

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To purchase books visit our website:
www.henrinouwen.org/resources/caregiving



“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.”

– HENRI NOUWEN

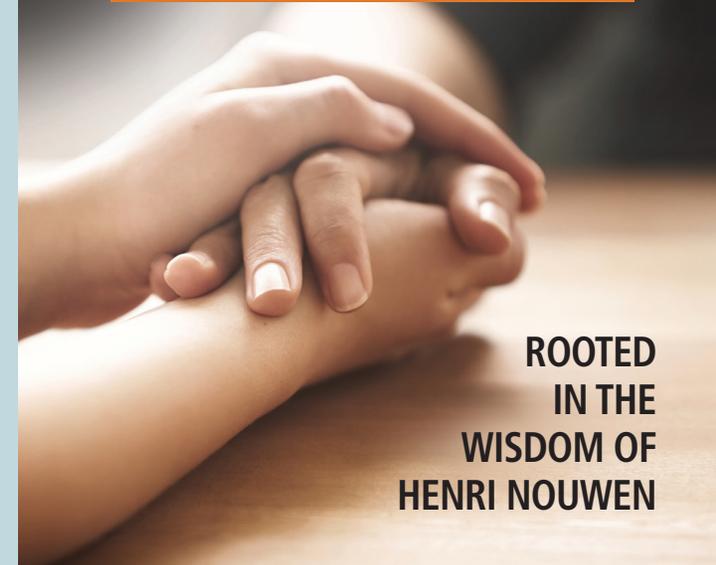
>> To learn more visit,
www.henrinouwen.org

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Courage for CAREGIVERS

Presented by the Henri Nouwen Society



ROOTED
IN THE
WISDOM OF
HENRI NOUWEN

SPIRITUAL AND PRACTICAL RESOURCES FOR CAREGIVERS



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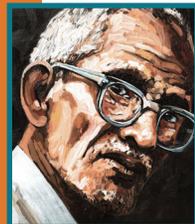
Courage for Caregivers – A Radical Vision of Care and the Human Journey

Courage for caregivers is primarily directed toward ordinary people of faith engaged in giving care to family members at home or in nearby settings. Given the complexities of modern health care, and our great need for support amid the demands of caregiving, we trust that what is offered will also be useful to care professionals, care ministry teams, and family or friends who simply wish to understand and support caregivers they love who are “laboring in the trenches.” We are, after all, in this human predicament together.

Courage for Caregiver resources will address the critical importance of self-care from a faith perspective, offering a range of flexible spiritual practices to nurture the inner life, enriched with wisdom from the renowned writer and teacher, Henri Nouwen.

KEY THEMES:

- Our Belovedness
- The Mutuality of Dignity and Care
- Care versus Cure
- The Challenges of Caring
- The Gifts of Caring
- Shared Vulnerability
- Self-Care
- Releasing Guilt
- Addressing Burnout and Compassion Fatigue
- Befriending Weakness and Death
- Dying Well



Courage for Caregivers

- RESOURCES AND BOOKS
- ONE-DAY RETREATS
- VIDEOS AND WEBINARS



*“When care is our first concern,
cure can be received as a gift.
Often we are not able to cure,
but we are always able to care.
To care is to be human.”* HENRI NOUWEN

**DRAWN FROM THE WRITINGS
OF HENRI NOUWEN,**
these resources will help caregivers
identify both the challenges and the gifts
of caregiving, while learning spiritual practices
and techniques to sustain long-term self-care.

A rich spiritual perspective on giving and receiving care

This meaningful and timely initiative calls us to consider how we care for caregivers, and how they can care for themselves while tending to those who are sick, disabled, aging, or dying. The journey for both

people in this care relationship moves toward mutuality and interdependence—a transition of perspective and practice that can bring real joy and celebration.

Our hope is to inspire those who care for others to be transformed by Henri Nouwen’s unique perspective on care and compassion. Wisdom shared through Henri’s life and writings will lead readers and participants to discover a life-giving way of looking at care and the human journey – a journey that can be equally transformative for those providing and receiving care.

