

# If you're taking care of your...

Spouse.

Aging parent.

Child or sibling with special needs.

Here's free caregiver support.

The **Friends of St. John the Caregiver** is an international Catholic organization addressing the growing needs of family caregivers by providing:

—spirituality, information and resources to individual caregivers

**[www.YourAgingParent.com](http://www.YourAgingParent.com)**

—training and educational material to dioceses and parishes

**[www.CatholicCaregivers.com](http://www.CatholicCaregivers.com)**

—a membership association\* offering spiritual support for those who need care, those who give care and those who assist others giving care

**[www.FSJC.org](http://www.FSJC.org)**

*(\*No membership dues! No meetings! All we ask is that you pray for family caregivers and those receiving care.)*

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## ***Caregiving is pro-life!***

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**Friends of St. John the Caregiver**

*An international Catholic organization promoting care for family caregivers*

[www.FSJC.org](http://www.FSJC.org)

P.O. Box 320, Mountlake Terrace, WA 98043