**For parishioners who are care givers or work in the mental health sector**

**Online resources**

**Mini retreat for care givers in the midst of the COVID pandemic**

Prepared by Ben Bano at Welcome Me As I Am, a scripture based reflection every day for a week (see ‘Care Givers Mini Retreat’ downloadable document).

For more info visit <https://www.welcomemeasiam.org/resources/resources-for-carers>

**The Christian Heritage Centre are offering a couple of webinars (13th Feb & 13th Mar) to support Catholics (and indeed Christians) who work in the mental health sector.**

Link to the event page is <https://christianheritagecentre.com/events/spirit-mind-body/>, as well an attached flyer.