

Faith Filled Mom Retreat

"Relax, Restore, Renew"

Hosted by the Catholic Community of Jeffersonville

Moms of all ages are you ready to relax, restore and renew - YOU?

Come join us for a unique experience, a day retreat that will encourage, inspire and support you on your journey as a mom.

Dates: Saturday, November 12, 2011
Time: 9:00 am - 3:00 pm
Location: Sacred Heart Parish
Price: \$40/Mom (Continental Breakfast and a full lunch included)

Take time to:

- **Feel Nurtured**
- **Learn New Stress Management Skills**
- **Renew Your Faith Life**
- **Connect With Other Moms**

Retreat Leaders

Lori Hadorn-Disselkamp: *Motivational Speaker & Writer of Faithfilledmom.com*

Jenny Schiller: Pastoral Counselor & Licensed Marriage & Family Therapist

Registration Form attn: Ann Northam

Name: _____ Address: _____ Phone #: _____

Email: _____ Parish: _____ Age & # of children/grandchildren: _____

Please send application, check and 1-2 pictures of your children or grandchildren to:

**Sacred Heart Attention: Ann Northam
1840 East 8th Street
Jeffersonville, IN 47130-4867**

Deadline is October 28, 2011

For more information contact Ann Northam at (812) 283-3123