

A Catholic Caregiver Lenten Retreat

Well of *renewal*

John 4:14

Saturday, March 14, 2026

9 AM – 3:30 PM | \$25

with optional Mass at 8 AM

National Shrine of Our Lady of La Leche

101 San Marco Avenue | St. Augustine, FL 32084

Learn The Successful Caregiver
Approach - a path to move you:

From **exhausted** → **balanced**

From **overwhelmed** → **in control**

From **guilty** → **at peace**

From **uncertainty** → **clarity**

Experience a day that
renews your emotional,
mental, and spiritual well-
being and find wisdom and
guidance to help you
navigate this season with
grace.

Register today!
Visit family.dosafl.com
or scan the QR code.



In collaboration with

**CATHOLIC
CAREGIVER**