



CATHOLIC CHARITIES HAWAII

## Support for Those Who Serve Others

We understand that helping others can take a toll on your well-being. That's why we're here to help you too! Join us for **individual and group support sessions** designed to offer a safe space to share, recharge, and regain your balance.

### What We Offer:

#### Individual Meetings

- **Personalized Support:** One-on-one sessions tailored to your needs.
- **Flexible Scheduling:** Meet with trained therapist in-person or telehealth.
- **Confidential Space:** A safe environment to talk, reflect and develop coping strategies.

#### Group Meetings

- **Peer Support:** Share experiences with others who understand the demands of your role.
- **Guided Discussions:** Facilitated sessions to explore common struggles and solutions.
- **Build Community:** Connect with individuals to offer mutual support and encouragement.
- **Activities:** Engage in activities to increase self-care.

### Why It Matters:

*Taking time for yourself is essential to continuing the important work you do. These meetings provide tools and emotional support so you can better care for yourself and, in turn, those you serve.*

### How to Participate:

- **Please contact us at 808-743-6141.**



**American  
Red Cross**

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

Helping those in need to help themselves, regardless of their faith.