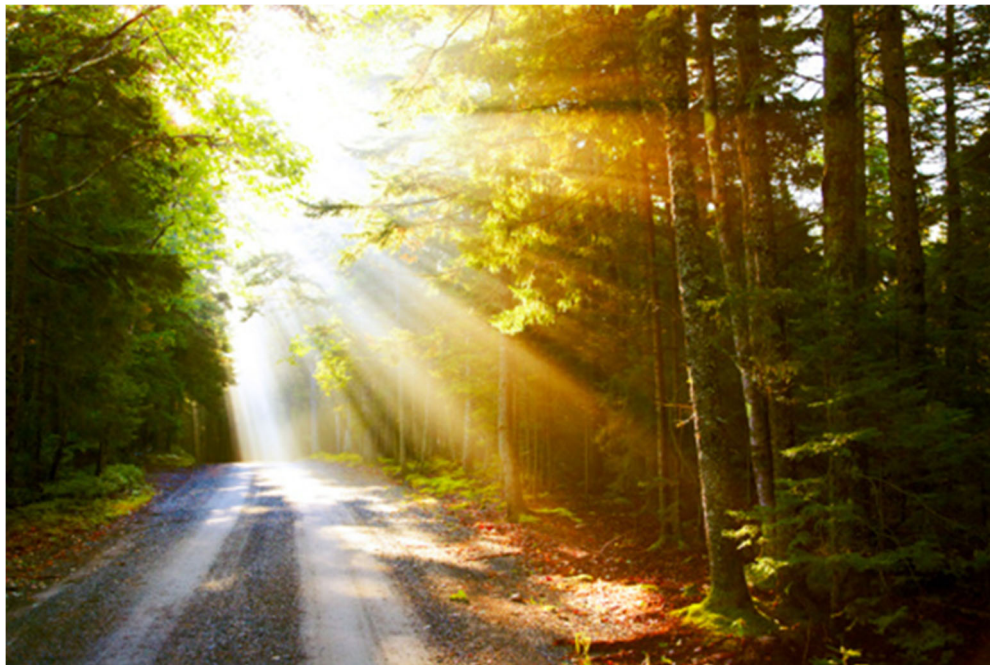


UUCA
WELLNESS CARE TEAM

Contact Rev. John Crestwell
jcrestwell@uuannapolis.org



The UUCA Wellness Care Team provides support to people in the congregation who are going through a life transition or crisis.



Unitarian Universalist Church of Annapolis

In the spirit of our first Unitarian Universalist principle: "to affirm the inherent worth and dignity of every person," we strive to provide a service of hope and caring for those within our church community.

What is the Wellness Care Team?

- ♦ We are a diverse group of volunteers interested in the well-ness of others in the UUCA community.
- ♦ We offer comfort, empathy, and encouragement to members who are struggling with various life issues or transitions
- ♦ We serve as caring, listening ears to help others express emotions, feel seen and heard, and/or discuss options to solve specific problems
- ♦ We provide referrals to appropriate professional resources as needed
- ♦ We develop wellness programming to support the physical, emotional or spiritual development of community members
- ♦ We try to arrange for temporary rides and meal support for those who are sick or don't have consistent transportation



CARING

*UU Church of Annapolis
WELLNESS CARE TEAM*

“To make a difference in someone’s life you don’t have to be brilliant, rich, beautiful, or perfect. You just have to care.” —Mandy Hale

The UUCA Wellness Care Team is here to hear you, see you, and support you through many life issues that come up. All of our committee members are wellness practitioners who bring expertise in many holistic and modern modalities. However, we do not do therapy. This is a listening and supporting ministry. We can provide referrals if needed or rides to appointments or have meals delivered on a short-term basis.

confidence
self-esteem
friendship
love
morality
problem-solving
health
food
employment
safety
creativity
respect
family
sleep
water
shelter
sex



How you can help

All members of the church are encouraged to become volunteer providers to help with rides and delivering meals, if needed. Your name can be added to our volunteer list by contacting the church or Reverend John Crestwell: jcrestwell@uuannapolis.org with your contact information, interests and availability.

If you need help

Congregation members who need the support of the Wellness Care Team should contact Rev. John: jcrestwell@uuannapolis.org or call the church office. Also, you can fill out a **Connection Card** on Sundays to request assistance. We are here for you.

410-266-8044