

# REACH OUT TO US

- Want more information for you or a loved one?
- Want to volunteer or participate in one of our programs?
- Want to suggest another service?

CALL OR EMAIL ANY OF OUR  
SPONSOR CHURCHES,  
TODAY!

CWM Chair Person:  
Carol Frazier, RN: 630-399-0089



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## SPONSORED BY:

### **St. Stephen Lutheran Church**

1155 Hillside Ave. Antioch

847-395-3359

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

[ststephenofantioch@gmail.com](mailto:ststephenofantioch@gmail.com)

### **United Methodist Church of Antioch (UMCA)**

848 Main St. Antioch IL

847-395-1259

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

[umc.antioch@att.net](mailto:umc.antioch@att.net)

### **St. Ignatius of Antioch Episcopal Church**

500 E. Depot St. Antioch IL

847-395-0552

[www.ignatiusantioch.com](http://www.ignatiusantioch.com)

[saintignatiusofantiochil@gmail.com](mailto:saintignatiusofantiochil@gmail.com)

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## MISSION:

The purpose of the Christian Wellness Ministry is to nurture the human spirit through health education, spiritual support, and linking the needs of the whole person to resources within the congregation, community, and healthcare system.



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# CWM

Christian Wellness  
Ministry.

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## PHYSICAL HEALTH

The following are our services related to physical health and wellbeing

- **Patient Visits:** In hospital, hospice, assisted living, or in home.
- **Health Classes:** Catholic Charities & CWM offer a variety of classes.
- **Wellness Walks:** May through October walk with friends outdoors.
- **Antioch Sr. Center:** Lends medical equipment, and hosts daytime activities.
- **Transportation to Medical Appointments:** Offered by volunteers or through Antioch Township)



## EMOTIONAL AND MENTAL HEALTH

The following are our services related to emotional well being and mental health

- **ACCS (Antioch Community Counseling Services)** Licensed Therapist available for counseling on a sliding scale.
- **Grief Support Group:** Thirteen week sessions, start at any time. Meet Thursday @ UMCA.
- **Caregivers Support Group:** Social Worker lead group on 1st & 3rd Fridays every month at UMCA.



## SOCIAL & SPIRITUAL HEALTH

The following are our services related to social well being, spiritual strengthening, and fellowship

- **Golden Gems Luncheons:** Social group for Seniors 80+. Events held 5 times a year.
- **Knitting & Crochet Group:** Gather and craft for a cause. Meet at UMCA on the 2nd Monday of each month at 1pm.
- **Telecare:** Wellness calls to Seniors. Available M-F.
- **Prayer Sisters:** Meets at SSLC on the fourth Tuesday of each month.

