

The Archdiocese of Philadelphia
The Office for Persons with Disabilities

Mothers Retreat Rest & Renewal in Christ

For mothers and grandmothers raising children with disabilities
and those who have adult children with disabilities

May 8 - 9:00 AM - 2:00 PM

Come experience a time set apart just for you!



The retreat will include:

- Presentation by **Heather Makowicz**, mother of a young adult with multiple special needs, certified Spiritual Director, Trauma-Informed Licensed Clinical Social Worker, seasoned retreat director and founder of Peak Encounter Ministries
- Time for quiet prayer & confession
- Opportunities to connect with other mothers
- Holy Mass with **Fr. Amal Sawarimuthu, S.C.**

Cost: \$45 - light breakfast & hot lunch included

To register: www.MalvernRetreat.com/register
or call 610-644-0400

Malvern Retreat House Family Life Center
315 S. Warren Avenue | Malvern, PA 19355



For more information, visit
www.opdarchphilly.org