

# FRIENDS HELPING FRIENDS: PASTORAL CARE RESOURCES LIST

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**The Pastoral Care Committee assembles and sustains a confidential list of offers of help from our Meeting community.** If you are a regular participant in the Bethesda Friends Meeting community, please contact the Pastoral Care Committee to express a need - or to offer referrals, your help, or your sensitive listening based on your experience. The topics below reflect the offers of knowledge and experience received thus far from members of our community.

### 1. Health

- a. Clinical social work
- b. Health care (Alzheimer's, Cancer in young people, Pancreatic cancer survivors, Breast cancer survivors, Endocrinology advice and referrals, Familiarity with NIH clinical trials)
- c. Hospice care
- d. Psychiatric care
- e. Drug and alcohol addiction
- f. Vegan/Vegetarian diet tips/advice
- g. Weight loss

### 2. Family

- a. Elder care services/issues
- b. Helping parents with challenging teens
- c. Experiencing separation and divorce
- d. Widowhood
- e. Being the last to survive in a family

### 3. Home Care

- a. Downsizing and decluttering
- b. Sewing and quilting
- c. Computers
- d. Cooking

Note: We are seeking those who could provide referrals or assistance in such areas as: carpentry, plumbing, electrical work, and small machine repair.

### 4. Learning and Education

- a. Tutoring offered (Learning disabilities, visual learners, math and reading, including with adult learners)
- b. Education alternatives in the public school system
- c. Advice to teens with an interest in art

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### **5. Quakerism and Spiritual Exploration**

- a. Quaker history
- b. Quaker terminology, idioms, and ideas
- c. Bible interpretation

### **6. Legal and Financial Matters**

- a. Legal referrals (including estate law)
- b. Accounting/Tax preparation/Household financial issues
- c. Surviving on a tight budget
- d. Unemployment, career planning, and looking for a job

### **7. Language and Culture**

- a. Culture shock/International relocation
- b. Spanish speaking (helping Latinos and those going to Latin America)
- c. Learning French

### **8. The Gift of Time for:**

- a. Driving
- b. Cooking
- c. Short-term relief for elder-care givers and parents of young children
- d. Care for animals