



**Are you dealing with uncertainty,
emotional distress, or grief?**

Not sure where to go for help?

**If you are struggling through a
difficult life experience,
you are not alone.**

You can utilize Unity on the Bay's Spiritual Support Program just by contacting us to schedule an appointment at:
305-573-9191 ext. 250 or
www.unityonthebay.org/pastoralcare.html

Services are offered in English and Spanish.

**For an appointment, please call:
305-573-9191 ext. 250**

**For description of our services and
session facilitator bios, visit our page:
www.unityonthebay.org/pastoralcare.html**



Where Transformation Happens

411 NE 21 Street | Miami, FL 33137 | 305.573.9191
unityonthebay.org

UNITY ON THE BAY



*"UNITY ON THE BAY'S SPIRITUAL SUPPORT PROGRAM,
CREATING A SACRED SPACE FOR HEALING."*

WHERE TRANSFORMATION HAPPENS

**PASTORAL
CARE**

PASTORAL CARE

What is Pastoral Care?

Pastoral Care is the ministry of care and support provided by Ministers, Prayer Emissaries and other trained lay volunteers to members of our spiritual community. Pastoral care in this sense includes listening, supporting and encouraging those in need.

The Unity on the Bay Pastoral Care Program consists of four separate services: Spiritual Support; Home & Hospital Visitation; Heart Friends; and Awakening Support.

The Spiritual Support service offers congregants compassionate care, support and encouragement by trained facilitators during periods of adjustment to life experiences. Facilitators assist individuals, through prayer and empathic listening, in developing a growing understanding and appreciation for the presence, comfort, and guidance of God.

Spiritual support facilitators are committed to their own spiritual growth and daily spiritual practice as the basis for their ability to create a sacred space where healing can happen. They serve as catalysts of transformation by providing compassionate listening, reflective inquiry, and comforting support to others in order to help them discover their own inner Divine guidance, abilities, strengths and potential.

We offer individual spiritual support services for the following life issues:

- Coping with stress, anxiety or depression
- Receiving comfort and support in times of grief and loss
- Exploring new directions in life
- Managing relationship difficulties
- Adjusting to changes in health
- Adjusting to life transitions
- Finding meaning, purpose and fulfillment
- Developing self esteem
- Questioning sexual identity
- Addressing family concerns
- Learning parenting skills
- Issues related to addiction and/or eating disorders
- Transforming experiences of childhood abuse and trauma
- Supporting caregivers of people who are ill, aging or dying

Group spiritual support will be offered as needed by the community. Look for announcements regarding scheduled support groups or groups that may be forming that will fit your particular need for support.



Unity on the Bay's Spiritual Support Program offers congregants up to three (3) individual spiritual support sessions within a six (6) month period. Trained facilitators will use prayer, empathic listening and reflective inquiry. They can assess for additional care needs and refer to affordable community resources as needed.

An offering will be accepted for all our services, a minimum of \$20 is suggested, but you have the opportunity to give as much as you wish. No one will be turned away due to inability to pay.



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