



THE SANCTUARY COURSE®
FOR CATHOLICS

Would you value joining others in a conversation about mental health and well-being? Would you like to discover what God, Scripture, and Church have to say in light of the experiences of mental health challenges? Join us for *The Sanctuary Course*. The topics covered feel particularly relevant for our current time, and the course creates an opportunity to connect with and support each other in meaningful ways.

The Sanctuary Course is an eight-part course designed to raise awareness and start conversations in local parishes regarding mental health. Created in collaboration with mental health professionals, theologians, and clergy, it offers faith communities the opportunity to learn about mental health and grow in their ability to support each other. Topics covered include: mental health and mental illness, stigma, recovery, companionship, self-care, and community. Accompanied with videos of the stories of real people who live with various mental health issues, as well as insights from archbishops, theologians, and psychologists. This course is presented from a Catholic perspective, but is open to anyone and everyone.

Where: St. Francis Xavier Parish,
8880 Main St. McKean, PA 16426
(*Gathering Space on the westside of the Church*),

When: Saturdays (April 2, May 7, June 4, July 9, August 6,
September 10, October 1, November 5)
1:00—2:30 p.m.

For More Information Contact: Irene Schneider 814-476-7657