MENTAL HEALTH 101 LUNCHEON

Enjoy your lunch while learning about mental health and the role of faith communities!

Time: 11:30am - 1pm

Upcoming Dates for 2024:
- Thurs February 15
- Thurs May 16
- Thurs August 15
- Thurs November 21

Join us to learn...

- Various mental illnesses and the mental health continuum.
- How to support someone with a mental illness using proven techniques and methods.
- How to avoid harmful behaviors such as toxic positivity and spiritual bypassing.

DID YOU KNOW?

50% of mental illness begins at age 14

The average person waits 8-10 years for treatment

People with mental illnesses die on average 25 years earlier

Please RSVP by the Monday before! Zoom Information will be sent following registration.

CLICK HERE TO REGISTER
bit.ly/nami101