

MENTAL HEALTH 101

Introduction to Mental Health and Stigma

DATE & TIME

August 21, 2025

11:30AM – 1:00PM

**FREE ZOOM
WEBINAR!**

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

JOIN US TO LEARN ABOUT...

- ✓ The mental health continuum.
- ✓ Helping those struggling.
- ✓ Avoiding spiritual bypassing.

REGISTER ONLINE:

bit.ly/mh101virtual



tinyurl.com/FaithNetSCC