

**MENTAL HEALTH 101**  
**Introduction  
to Mental  
Health and  
Stigma**

**LUNCH  
PROVIDED!**

**Join us for a  
lunchtime session  
on mental health  
and the role of  
faith  
communities!**

 Thursday, May 21, 2026

 11:00AM - 1:00PM

 1150 S Bascom Ave #24  
San Jose, CA 95128

**JOIN US TO LEARN ABOUT...**

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

**REGISTER ONLINE**

