



LOVING LIKE JESUS MEANS CARING ABOUT MENTAL HEALTH

THE SANCTUARY COURSE

8 WEEK SMALL GROUP VIDEO SERIES ON CHRISTIAN FAITH & MENTAL HEALTH

OPEN FOR ALL:

- Anyone with questions about faith and mental health.
- Those supporting loved ones with mental health problems.
- People living with mental health problems.
- Leaders, churches and communities seeking to care well for others.
- Mental health professionals with a wealth of knowledge to share.

TOPICS INCLUDE:

- Understanding mental health and mental illness.
- Challenging stigma.
- The recovery journey and the role of community.
- Companionship and self-care.



EQUIPPING THE CHURCH TO BE A PEOPLE OF HEALING
AND HOPE IN CHRIST.



DRYDEN
FULL GOSPEL CHURCH

DETAILS:

- Wednesdays, 7:30-8:30pm
 - @ DFGC; 599 Gov't St. (by Holiday Inn)
 - 8 weeks: Feb 20-Apr 10.
 - Booklets approx. \$10 (to cover printing costs).
- If you are planning to attend or would like more information please contact the church: (807) 223-5504, office@dfgc.ca