

## **MOOD WALLS COMING TO ST. MARK'S**

Insight Counseling Center, which is supported by St. Mark's, invites you to open up about the common thread that ties us all together – feelings! We're invited to visit the Insight interactive mood walls throughout a variety of locations in Rutherford County. Take a sticker off the wall that describes your mood, and share about the campaign using #MurfreesboroMood. Together we can start an open and honest conversation about feelings and mental health.

There will be mood walls at the Linebaugh Library, the Courthouse, the Center for Arts, St. Thomas Rutherford Hospital, and numerous other supporting churches and organizations. The #MurfreesboroMood kickoff will take place at the courthouse on May 5<sup>th</sup>.

For over 30 years Insight Counseling Centers (formerly known as the Pastoral Counseling Centers of Tennessee) have provided millions of dollars in financial assistance so clients throughout Middle Tennessee can receive quality, compassionate counseling services.

You may visit the Insight website to learn more about the #MurfreesboroMood campaign:

[www.insightcounselingcenters.org](http://www.insightcounselingcenters.org).

The Mood Walls will be in the Narthex of St. Mark's United Methodist Church on Sunday, May 14. Please look for the wall and participate.

Dr. Keith Carlson represents St. Mark's as a member of the local board. Dr. Arthur Ford is also involved with the center.