



## **Holy Family Mental Health Ministry invites you to an evening of education and encouragement to fight the stigma of Mental Illness.**

There are over 54 million Americans being affected by mental illness every year. These are people who are experiencing a mental illness or care about someone who is. This includes people we may know at work, our neighborhood and/or our church.

The stigma of mental illness can cause people to isolate which can makes things worse. As part of Mental Health Awareness month, the HFK Mental Health ministry has put together a panel of professionals in the mental health field and people who are living with a mental health diagnosis. They will speak about their experiences and be able to answer questions so that we can learn how to end the stigma and grow in understanding.

**Wednesday, May 10**  
**7 pm to 8:30 pm**  
**Holy Family Parish Center Social Hall**  
**7045 120th Ave NE Kirkland, WA 98033**

Panel members include:

Janie Stevens - Depression and Anxiety disorder

Anisa Ralls M.A., L.M.H.C. - St. James Cathedral Parish Mental Health and Wellness Ministry Director

Joe Cotton - Archdiocese Outreach Administrator and Seattle Archdiocese Mental Health Board Member

Ellen McMahon – Psy D, MBA Meiers Clinics

David Shaner—Counselor specializing in anxiety and depression

Joe Stevens—member of NAMI, Archdiocesan Mental Health Board and HFK Mental Health Ministry