

# **Saint Athanasius Mental Health Series**

*Saint Athanasius Parish in conjunction with the Martin de Porres Foundation is sponsoring the second part of our series to discuss Mental health in the Black community.*

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,<sup>4</sup> who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

~2 Cor 1:3-4

## **Session 1 - Sat. July 12<sup>th</sup> , 10 - 11:30 am.**

**Topic** - Suicide and suicidal behavior

## **Session 2 - Sat. July 26<sup>th</sup> , 10 – 11:30 am.**

**Topic** - Addressing disparities in Mental Health, and advocacy in the Black community,

**Our discussions will be facilitated by a Mental health professional.**

**We ask that you that you RSVP so we can properly prepare.  
Please call the rectory 215-548-2700 Or email [rectory@saschool.org](mailto:rectory@saschool.org)**

***Please enter the School library through the school parking lot,  
please use the doors on the far left closest to the Church.***