



OFFICE OF BLACK
CATHOLIC MINISTRIES

ARCHDIOCESE OF BALTIMORE

Hope, Unity & Relationships

• A MENTAL HEALTH RETREAT •

November 7, 2026 | 9 AM - 2 PM

New All Saints Church

4408 Liberty Road, Baltimore MD 21207

BREAKOUT SESSIONS:

- Vision Board on next chapter with gratitude and hope
 - Breaking isolation and Building Connection
- Relationship Wellness Check (self-awareness and denial)

TO REGISTER, SCAN HERE OR VISIT:
<https://archbalt.regfox.com/mental-health-retreat>



SCAN ME