

OUR LADY OF THE BLESSED SACRAMENT PARISH
ELK GROVE VILLAGE, IL

PRESENTS

St. Raphael

OUR HOPE OF HEALING MINISTRY
TEEN MENTAL HEALTH NIGHT

A CATHOLIC APPROACH TO ANXIETY AND RESILIENCE

*Real
Tools.
Brighter
Tomorrows.
Always in
Christ.*



**FRIDAY
NOVEMBER 6
5:00–6:30PM**



SHEA HALL
ST. JULIAN EYMARD
WORSHIP SITE
601 BIESTERFIELD RD
ELK GROVE VILLAGE, IL



**TEENS &
YOUNG ADULTS
WELCOME!**

Stress, worry and anxiety are a part of life — but they don't have to take over. Join us for an honest and encouraging conversation about how to understand anxiety, build resilience, and turn to our Catholic faith for real hope and support.



TOPICS INCLUDE:

- What anxiety is and what it is not
- Why our brains worry
- The difference between real danger versus imagined future threats
- How resilience develops
- Practical anxiety management skills
- Catholic practices that build resilience
- Putting everything together



INTERACTIVE ACTIVITIES:

- Anxiety trigger worksheet
- Guided breathing exercise
- Five senses grounding activity
- Small group discussion
- Personal resilience action plan



HOSTED BY

DEVIN SHEPARD

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of Shepard Counseling, PLLC

To learn more about Devin and his practice,
please visit his website:

www.shepardcounseling.com

**JOINING US?
LET US KNOW!**

Scan the code to RSVP
and answer a few quick
questions to help us
make the night
meaningful for you.

