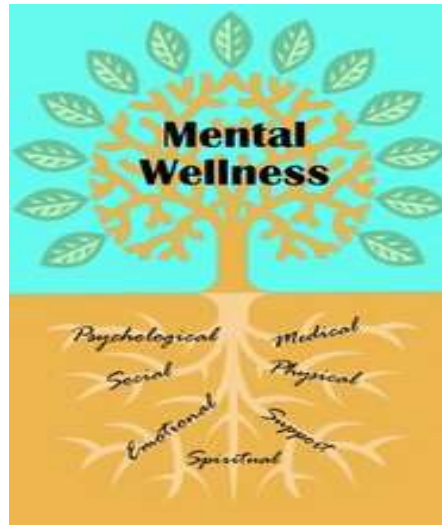


St. James Mental Health & Wellness Ministry
is pleased to announce a new educational program

HEALING MONDAYS



Weekly Presentations about Emotional and Mental Health

- * Every Monday at 7:00 PM
- * Educational Talk
- * Time For Your Questions
- * Online via Zoom
- * Discussion
- * Answers From Experts

Presented by local parishioners and psychiatric providers:
Antonina Kozłowska, ARNP and Ava Kozłowska, ARNP

Upcoming Topics:

4/05/21 Exploring Depression
4/12/21 Nervousness, Fear and Anxiety
4/19/21 When Loved Ones Are Struggling With Addictions
4/26/21 Why do I Behave, Think, and Feel this Way

Link for ZOOM Meeting:

<https://us02web.zoom.us/j/83364268237?pwd=Q3ZyeTJPRjBrKzRxTVIHRE1GaTA0Zz09ZOO>

Meeting ID 833 6426 8237 Passcode: Healing

Questions: contact info@healingtms.com or Nancy Granger ngranger@stjames-cathedral.org