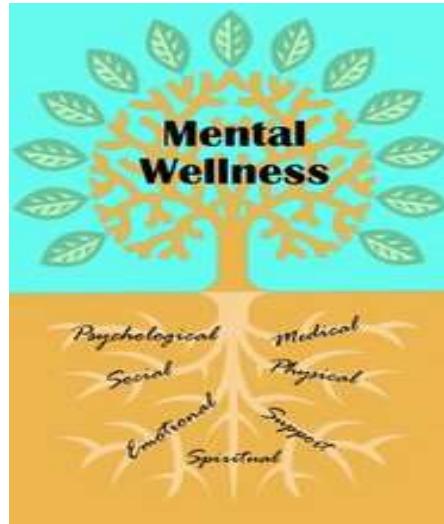


St. James Mental Health & Wellness Ministry  
is pleased to announce a new educational program  
**HEALING MONDAYS**



**Weekly Presentations about Emotional and Mental Health**

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

*Presented by local parishioners and psychiatric providers:  
Antonina Kozlowska, ARNP and Ava Kozlowska, 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=Q3ZyeTJPRjBrKzRxTVIHRE1GaTA0Zz09Z00>

Meeting ID 833 6426 8237 Passcode: Healing

Questions: contact [info@healingtms.com](mailto:info@healingtms.com) or Nancy Granger [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org)