

## **Mental Health Matters (Expanding Your Ministry Toolbox workshop)**

**April 17. Register by March 19.**

On Tuesday, April 17, from 9:30 a.m. to 4:30 p.m. at the presbytery office, Kathy Dale McNair will lead the second 2018 Expanding Your Ministry Toolbox Course, about mental health concerns and how they affect individuals, their families and your congregations. Experience a new model for adult education that links faith and hope to loss, loneliness, anxiety, depression and grief. Kathy serves in the Presbytery of Chicago, specializing in mental health ministries.

Suggested reading are the following books, though Kathy wants participants to know these are not requirements and no one should hesitate to come because they haven't read anything.

[Resurrecting the Person: Friendship and the Care of People with Mental Health Problems](#), John Swinton, 2000

[Darkness Is My Only Companion: A Christian Response to Mental Illness](#), Kathryn Greene-McCreight, 2006

[Troubled Minds: Mental Illness and the Church's Mission](#), Amy Simpson, 2014

[In the Shadow of God's Wings; Grace in the Midst of Depression](#), Susan Gregg-Schroeder, 1997

This workshop is designed for pastors, Commissioned Ruling Elders, Authorized Lay Preachers, Christian educators and others who would like to know more about mental health issues that affect those we love and with whom we live and serve. For more information and a registration form, [click here](#).