



# Mental, Emotional, and Spiritual Support (MESS) Training

July 15-17, 2026, in Dublin, CA

Sierra Pacific Synod | Location: Resurrection Lutheran

*Resurrection Lutheran | 7557 Amador Valley Blvd, Dublin, CA 94568*

Wednesday & Thursday | 9:00 a.m. – 5:00 p.m. and Friday | 9:00 a.m. – 12:30 p.m.

**REGISTRATION DEADLINE: TUESDAY, JUNE 30, 2026**

## Course Description

MESS training is an interfaith **skills-based disaster program designed for clergy, lay leaders and community responders** - people who may encounter and provide care for individuals in crisis or distress from conventional disasters or disasters of everyday life. This skill-based training helps equip the community to care for one another in times of crisis.

Attendees will learn to confidently support individuals facing mental, emotional, and spiritual distress using a **6-Part Protocol®** rooted in **compassion, curiosity, and connection**. This highly interactive course equips participants with practical skills for both supportive conversations and crisis stabilization—without the pressure to “fix” or offer quick solutions. No prior experience is required. Participants only need an empathetic spirit and a desire to walk alongside those who are hurting. This training is offered in partnership with MESS Ministries, Inc., the creators of the **6-Part Protocol®**.

## Attendees will Learn

- To **Show Up** with compassionate, guiding presence.
- To **Lean In** with deep listening, appropriate asking, and further exploration.
- To **Listen Out** to identify immediate needs and critical concerns.
- To **Provide Care** through crisis stabilization or supportive acceptance and empowering action.
- To **Kindle Hope** by encouraging perseverance and inspiring possibility.
- To **Follow Up** through planning and/or refer to next-level care.

## Course Logistics and Registration

- **Duration:** 2.5 Days (20 hours)
- **Format:** In-person hosted by the Sierra Pacific Synod
- **Cost:** \$120 (Scholarships available)
- **For Information:** Contact Megan Macpherson at [megan@spselca.org](mailto:megan@spselca.org)
- **To register:** [Visit this link](#) or use the QR code:



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