



Thursday Evening Connections about Youth Mental Health

“Our kids are not okay. Our children and youth are hurting!” Those who know this are also hurting. You are invited to join a series of Thursday Evening Connections about the book, *Blessed Youth: Breaking the Silence on Mental Illness and Teens and Children*, and the “Survival Guide” by the Rev. Sarah Lund. This book shakes up any lethargy about the plight of our youth’s mental health. It is a crisis. The Rev. Dr. Sarah Lund currently serves as Minister of Disabilities and Mental Health Justice on the national staff of the United Church of Christ, is senior pastor of First Congregational UCC of Indianapolis, IN and is part of two US Department of Health and Human Services national Think Tanks, about faith communities, suicide and youth mental health. These Connections will be at 7 pm on zoom and are free. The facilitator is Deborah Berghuis, PhD, a trauma-informed, gender-affirming therapist in Boulder who enjoys working with the members of the LGBTQA+ community, faith leaders, clinicians, and healthcare professionals. Rev. Lund will be in Boulder in person on Oct. 9-10. Her books are available online.

[Click Here to Register for Zoom.](#)



Dr. Deborah Berghuis



7/28, 8/25, & 9/22



Interfaith Network on
Mental Illness