

Abiding Presence Events

Abiding Presence Lutheran Church · 6304 Lee Chapel Rd, Burke VA 22015 · 703-455-7500

Mental Health First Aide for Parents & Caregivers of Youth

Saturday, October 26, 2019 from 8:00 AM - 5:30 PM

Youth Mental Health First Aid Training is for adults of all ages who care for or work with youth. Learn key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis.

\$25/person includes breakfast, lunch, and workbook

Contact pastorheidi@abidingpresence.net to reserve free childcare.

Class size is limited so register as soon as possible at

www.abidingpresence.net/mhfirstaid



Abiding Presence Mental Health Team Offers:

Mental Health Family Support Group

- ~ Drop-in confidential support group open to all in our community
- ~ Led by the Rev. Christine E. Reimers, PhD (a pastoral counselor)
- ~ 2nd Thursday of the month at 5304 Lee Chapel Rd, 7:00 PM



AP Mental Health Team Meetings

- ~ Help plan and support activities as well as educational events
- ~ Usually 3rd Monday of the month at 5304 Lee Chapel Rd (see website)

Mental Health First Aid Training

- ~ Courses led by a certified trainer

For more information ...

- ~ Contact Pastor Heidi (pastorheidi@abidingpresence.net)
- ~ Visit www.AbidingPresence.net/MH
- ~ Join our Facebook Group CAP Mental Health Ministry



Angst – Raising awareness around Anxiety

Angst is a short documentary designed to raise awareness around anxiety. Come early and join us for a free pizza dinner. Childcare for ages 5-9 will be provided for those who register.

Please RSVP at www.abidingpresence.net/angst

Tuesday, November 19, 2019 at 7:00 PM

FREE Pizza Dinner at 6:00 PM

8-week NAMI Peer-to-Peer class in Fall Church, VA

Class started Sept 25th - Register today!

NAMI Peer-to-Peer is a-week group learning and support program for adults (ages 18+) living with a mental health condition who wish to work toward wellness. The class is offered free of cost to participants, and is facilitated by two NAMI-trained volunteer Peer Mentors who are personally experienced at living well with a mental health condition.

Location: Falls Church, VA (Exact location will be shared when you speak on the phone with a class facilitator to register.)

Schedule: Wednesdays, Sept. 25th - Nov. 13th, 2019

Time: 7:00 PM - 9:00 PM

To register, email elee@nami-nova.org including your name, phone number and a good time of day for the facilitator to call to complete your registration.