



SCRANTON MENTAL HEALTH MINISTRY

at the CATHEDRAL OF SAINT PETER

Do you want to learn about mental illness and support from the Church?

You are Invited to Attend a Four Part Series on Mental Illness and Mental Health Education for Families

The Scranton Mental Health Ministry at the Cathedral of Saint Peter is presenting this four part series on mental illness in order to reduce the stigma of these illnesses through education and factual information about mental health conditions. The series reinforces the core Christian belief that everyone has dignity and value and should be fully welcomed into the Church and the community.

Monday October 7 - First Night – The Impact of Mental Illness on Individuals and Families

A discussion on what it is like to live with a mental illness and how it can impact a family. The discussion will be led by a person living with a mental illness and a family member. How the person's faith helped them will be part of the discussion. The discussion will be led by Deacon Jan Mroz from Mary Mother of God Parish and Owen and Char Dougherty from the Board of Directors of the National Alliance on Mental Illness.

Monday October 14 - Second Night – Spend an Evening with a Mental Health Professional

An introduction to the types of mental illnesses, medication, treatments and other issues will be presented. The discussion will be led by Leighton Y. Huey, MD, a psychiatrist and Associate Dean for Behavioral Health

Monday October 21 - Third Night – Spirituality and Mental Illness

Faith and spirituality brings peace and healing to people living with a mental illness. We can find spiritual support through communion with the Saints and with each other while living with a mental illness. The discussion will be led by Deacon Ed Shoener from the Cathedral of Saint Peter Parish.

Monday October 28 - Fourth Night – Mental Health Resources in the Community

What are the agencies, services providers and other sources of help in the Community? The discussion will focus on how to access mental health services and find the help you need. Marie Onukiavage, Executive Director of the National Alliance on Mental Illness will lead the discussion.

Where: Diocese of Scranton Pastoral Center, Second Floor Conference Room, 330 Wyoming Ave, Scranton

When: 6:30 to 8:00 PM on Monday evenings in October: October 7, October 14, October 21 and October 28

Contact: Deacon Ed Shoener, Cathedral of Saint Peter Parish

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Saint Pope John Paul II said: "Christ took all human suffering on himself, even mental illness ... Whoever suffers from mental illness 'always' bears God's image and likeness in himself."

