



The Sanctuary Course

Facilitated through St. Paul's Leaskdale
Fall 2022

COVID has launched what some are calling a “tsunami” of mental health challenges. Today many of us are personally experiencing mental health illnesses or are supporting loved ones who are.

The purpose of the eight-session Sanctuary Course is to raise awareness and start conversations in local churches regarding mental health.

This small group is for:

- People with questions about mental health
- People supporting loved ones with mental health challenges
- People living with mental health challenges
- Leaders who want to engage in their community in mental health conversations
- Mental health professionals with a wealth of knowledge to share

Time: Tuesdays 7:00-8:30 pm

Dates and Topics

Oct. 4	Mental Health
Oct. 11	Mental Illness
Oct. 18	Stigma
Nov. 1	Recovery
Nov. 8	Companionship
Nov. 15	Caregiving
Nov. 29	Self-Care
Dec. 6	Reflection

Each week there will be pre-reading before we meet to discuss and view a short video featuring the people’s stories.