



Mental Health and Wellness Workshop Series Begins!

Mental Health 101: Sunday, Dec 5, 12Noon-2PM

Are you curious to learn more about understanding and supporting mental health?

All are welcome to attend "**Mental Health 101**" -- the first in a workshop series. This workshop is designed to equip the average non-professional with important basic mental health info. The 2-hour session will offer a brief overview of the history of mental illness and treatment in the U.S., and will cover the most common diagnoses and the resources and options available for responding. The workshop is designed and facilitated by Naomi Caster (MS, LMFT, CADC II), with more than 20 years of professional experience in the mental health field. All are welcome to attend this FREE workshop.

MCC Portland, Common Ground, and PUN (the Presbyterian Urban Network) are proud to partner in co-sponsoring this first in a series of six workshops on mental health and wellness.

NOTE: This first workshop is planned to be held on-site only at 2828 SE Stephens St.

You do not need to plan on attending all six sessions of the series. Come and support our communities in gaining an understanding capacity for strengthening our healing ministries.

Advent is a season of preparation and waiting. Building our support and skills for mental health and wellness is an act of spiritual discipline that blesses our lives and the world.

