



St. Andrew Mental Health Ministry

Spiritual Support Group

Tuesday, August 25, 2026

7:00PM – 9:00PM, St. Andrew Pastoral Center

Most Holy Apostle, St. Jude,

I place myself in your care. Pray for me;
help me remember that I am not alone in my struggles.



Next sessions:
Saturday, Sept. 12th,
and Tuesday, Sept. 22nd.

- St. Andrew Mental Health Ministry provides a safe, supportive space for individuals in our community who are experiencing mental illness.
- The Ministry will be offering a spiritual support group open to anyone experiencing mental illness.
- The spiritual support group is not group therapy but a ministry in which members seek to help support others during their time of need and to grow spiritually in their relationship with God. Catholic prayers and devotions will be used.
- Our goal is to ensure that no one feels alone in his or her struggle. This is the place to speak out and be heard in a safe, confidential, and non-judgmental environment, where isolation and stigma dissipate as supportive community is created.
- The group will meet twice a month, once on the second Saturday of the month from 1:30 to 3:30 pm and once on the fourth Tuesday of the month, from 7 to 9pm at the St. Andrew Pastoral Center, 140 Chestnut St., Pasadena, CA 91103.

There is no charge to attend.



*St. Jude,
Patron of Hopeless Cases
Pray for Us!*



If you plan on attending,
please send a message with your contact information to
standrewsanctuarymh@gmail.com



Please contact **Anne Marie Simoneau**
with any questions or for more information at

626-792-4183 or email us at
standrewsanctuarymh@gmail.com


**ST. ANDREW
PASTORAL CENTER**
140 Chestnut St.
Pasadena, CA 91103