

BEGINNING SEPT. 5, 2026

THE SANCTUARY COURSE FOR CATHOLICS

8-SESSION PROGRAM

EDUCATIONAL PROGRAM THAT INTRODUCES THE TOPIC OF
Mental Health INTO PARISH COMMUNITIES.
IT IS EXTREMELY INFORMATIVE AND OPENS THE DOOR
FOR OUR PARISH COMMUNITY TO INVITE MEMBERS
STRUGGLING WITH MENTAL HEALTH ISSUES
INTO A SUPPORTIVE ENVIRONMENT.



*Would You Value Joining Others
in a Conversation About Mental Health?*



Program Includes Videos and
Course Materials for Review and Discussion



There is No Charge to Participate



Starting Saturday, Sept 5th at 1:30pm to 3:30pm
will be held on most Saturdays for 8 weeks

✝ EMAIL US TO REGISTER



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*"Come to me, all you who labor and are burdened,
and I will give you rest."*

— Matthew 11:28

