

One in four people will experience some form of mental illness in their lifetime, yet the stigma around this issue silences many and prevents faith communities from responding compassionately and lovingly. Divided into eight sessions and designed to be delivered in small groups, this course explores the reality of mental health and its afflictions, as well as the critical need to foster conversations about the topic within communities of faith. Each session includes a video presenting the experiences and challenges of Catholics living with mental illness, as well as advice from archbishops, theologians, and psychologists.



Please join Father Anthony Rowland as he facilitates ***The Sanctuary Course*** from *Formed.org*. The eight sessions will be held at St. Ann Parish in Memorial Center on Saturdays from 10:00 A.M. to 12:00 Noon. All Adult members of the Pastorate are invited to attend.

Who: Adult Members of St. Mary Cathedral and St. Ann Church Pastorate

What: The Sanctuary Course: Exploring the Intersection of Faith and Mental Health

Where: St. Ann Parish, Memorial Center

When: Saturday, Sept. 10, 17, 24, Oct. 8, 15, 22, 29 and Nov. 5 from 10:00 A.M. to 12:00 Noon

How: Simply come to the sessions. You may download the participant resources from your *Formed.org* account.

Questions: Please contact Dr. Anne Roat at aroat@parish.dol-in.org or 765-742-4440