

# Beginning Sept. 19<sup>th</sup>!

## Mental Health: Conversations & Education

### Do you or does someone you know or love live with a mental health diagnosis?

Fredericktown United Methodist Church wants to help destigmatize mental health challenges. Starting Sunday, Sept. 19<sup>th</sup>, we will begin a seven-week series of conversations for our members as well as community members where we will learn what it is like to live with various diagnoses and talk about how churches can **love** and **support** families who have someone who lives with a mental health diagnosis.

### What are the sessions about?

Topics will include but not be limited to: Depression, Anxiety, Autism, ADHD, Psychosis, and Dementia. Your learning will be richest if you attend all seven sessions, but it is not mandatory.

### Who should come?

This seven-week series of conversations is for our members as well as **community members** where we will learn what it is like to live with various diagnoses and talk about how churches can love and support families who have someone who lives with a mental health diagnosis. There is **no cost** to attend but since handouts with resources will be given, please **register** by calling the church office at 740-694-5806. We encourage local churches to each send a small group!

### What will you hear?

This is NOT a time of diagnosing people or talking about their treatments. It will be a time for **education**, for **understanding**, and for talking about specific ways churches can be supportive. Attention will be given to the language we use. What we say to people matters!

### Days, Times, and Topics

Each session will last 60-90 minutes, starting at 6:00 PM.

- Sept. 19<sup>th</sup> -Mental Health
- Sept. 26<sup>th</sup> -Depression
- Oct. 3<sup>rd</sup> -Anxiety
- Oct. 10<sup>th</sup> -Autism
- Oct. 17<sup>th</sup> -ADHD
- Oct. 24<sup>th</sup> -Psychosis
- Oct. 31<sup>st</sup> -Dementia

### Location:

The Great Room: access by west door off the parking lot

### Register for FREE

By contacting **Fredericktown United Methodist Church office**, to ensure we have enough handouts and resources for everyone.

**Phone:** 740-694-5806

**Website:** [freddieumc.org](http://freddieumc.org)

**Facebook:**

[www.facebook.com/freddieumc](http://www.facebook.com/freddieumc)

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This series was created by Mary Elder, United Methodist Church of Fredericktown, OH, in collaboration with the Circle of Congregations and ALL BELONG CENTER FOR INCLUSIVE EDUCATION with support from the Calvin Institute of Christian Worship.