

**TUESDAY**  
**NOVEMBER 23 &**  
**NOVEMBER 30**  
**1 PM - 4 PM**

OR

**WEDNESDAY**  
**NOVEMBER 24 &**  
**DECEMBER 1ST**  
**5:30 PM - 8:30 PM**

### LEARNING OBJECTIVES

- Explore the concept of good mental health
- Recognize that mental health is not static but part of a continuum and become aware of the dynamics of mental health challenges.
- Understand some of the internal, emotional, and psychological dynamics in an older person's response to mental health issues and the value of a spiritual caregiver to other people.
- Explore the issues and dynamics in both the church and local community as spiritual caregivers responding effectively to people with mental health challenges.



SPIRITUAL CARE  
SERIES

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# SPIRITUAL CARE SERIES

## CHRISTIAN

### MENTAL HEALTH WORKSHOP



Research suggests almost everyone will be impacted by mental health issues at some point in their lives.

Spiritual caregivers are highly likely to encounter people who they provide spiritual care for who have some mental health challenges. Both understanding of the complex issues and effective spiritual care is critical.

**This stand alone workshop of the Spiritual Care Series provides a practical introduction and awareness to mental health care with an emphasis on the older person, however the principles learned can be applied to people of all ages who are mentally challenged.**

#### First Workshop:

- Introductions & Devotion
- Introduction to Mental Health
- Mental Health Challenges

#### Second Workshop:

- Relating to a person with a mental health issue
- Putting into practice what you have learned

CHAM & IHCAM  
MEMBERS \$50

GENERAL PUBLIC \$65

Includes workshop,  
workbook, videos and  
on-line access for one year

## Register Online

<https://www.eventcreate.com/e/mentalhealth>



CATHOLIC HEALTH ASSOCIATION OF MANITOBA  
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ  
МАНІТОБСЬКА КАТОЛИЦЬКА АСОЦІАЦІЯ ЗДОРОВ'Я



Interfaith Health Care  
Association of Manitoba

Association confessionnelle  
de la santé du Manitoba