



ARCHDIOCESE OF  
*Regina*

## Emmaus Mental Health Ministries

*"While they were talking and discussing, Jesus himself came near and went with them." Luke 24:15*

*"Here I am, Lord. Send me"*

Resurrection CWL Presents

*A Morning with Emmaus Health Ministry  
Saturday, April 26, 2025*

*9:00 am-Noon  
(Registration at 8:30 am)*

*With Deacon Eric and Melissa Gurash of  
Emmaus Mental Health Ministries*

**Learn more about Emmaus Mental Health Ministries and learn some tools that will be helpful for stress management/coping and how to reach out to families who are struggling.**



Emmaus Phone and  
Online Support



Emmaus Website



Emmaus Prayer  
Support

 [emmausmentalhealth@gmail.com](mailto:emmausmentalhealth@gmail.com)