



# *Walking With One Another:* **Faith & Mental Health**

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- ✓ *Faithful tools for hard conversations*
- ✓ *Supporting others without fixing*
- ✓ *Caring for your own well-being*

**Saturday, May 30**

**8:30 a.m. (Registration) to noon**

**Resurrection Parish - 3155 Windsor Park Rd, Regina** *(Use back entrance)*

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

***Open to Everyone***

***Free Will Offering***

***Please Pre-Register***

**Register:** Call Marg Engel at 306-789-9311 or email [resurrectioncwl@gmail.com](mailto:resurrectioncwl@gmail.com)