

Seeking Shalom: Living with Mental Health Challenges
Community Mennonite Church, Harrisonburg, Va.
Spring 2014

Come hear personal stories and professional perspectives of CMC'ers and others. We hope this class will help us become a more welcoming and healing community. Feel free to attend the sessions that interest you most.

March 2 **“Consequences of Child Sexual Abuse”**

March 9 **“Living with Suicide”**

Several CMC'ers will share from their experience of a loved one's death by suicide.

March 16 **“Creating an Action Plan for Optimal Health”**

Participants will create a simple yet powerful action plan for optimal health using an action planning process and tool. The class will also include tips for stress management using visualization and breath work. *Class attendees are asked to bring a favorite Bible verse(s) that provides comfort and peace as it is read or recited.*

March 23 **“Emotional Freedom Technique”**

Emotional Freedom Technique (EFT) is a research supported self-help and therapy tool that gets to the heart of issues more quickly than talk therapy alone. It involves tapping on acupoints while talking “in shorthand” about stress, depression, anxiety, phobias, trauma, physical pain/illness, etc. www.transformationalprocesses.com

March 30 **“Yes, Mental Health Recovery is Possible”**

A family will share of their personal struggles, learnings and insights as they find hope and recovery on their journeys toward well-being. The class time will include time for questions and conversation.

April 6 **“Our Family's Experience with an Eating Disorder”**

April 13 **“Personal and Professional Reflections on Living with Mental Health Challenges”**

An individual will share from her multi-faceted experiences with mental health challenges as a patient, family member, and psychiatrist working with both children and adults.

April 20 **EASTER SUNDAY—no class**

April 27 **“Promoting Emotional Wellness and Supporting Those in Distress.”**

Along with leading a discussion on the topic listed above, the speaker (a school psychologist) will also lead us in considering ways to create and support infrastructure that helps to prevent suicide.

May 4 **“Transforming Trauma into Triumph”**

Bringing experience with satanic ritual abuse, domestic violence, and child abuse which ultimately led to a diagnosis of several mood disorders, including mild PTSD, an individual will speak about tools and techniques that have helped transform woundedness.

May 11 **“Living with Depression”**

Two CMC members will share personal and family stories about living with depression. There will be a brief time for discussion and Q & A following their sharing.

May 18 **“Addictions”**

A counselor who specializes in addictions will share about the link between chemical addictions (drugs and alcohol) and behavioral addictions (such as pornography and gaming). They will be time for questions and discussion.

May 25 **“Community Resources that Support Mental Health Recovery”**

Several guests who live with mental illness will talk about the support they receive from various Community Services Board programs. Summit House is one of those programs—a psychosocial rehabilitation “clubhouse” for adults with serious and persistent mental illness, where members voluntarily work in clerical, kitchen, and maintenance units and participate in a variety of wellness-promoting groups and social events.

June 1 **Mental health: Dreams, questions, resources, opportunities and more**

Description: You are invited to join us for an open discussion related to mental health. Bring your hopes and dreams for our church and community, lingering questions, resources to share that have been helpful on the journey, opportunities for volunteering and advocacy work, and thoughts about where to go from here.