

"You Are Not Alone" Mental Health Bible Study - FALL 2021		
September 29, 2021 7:00 – 8:30 p.m.	Grief and Loss: Living without a loved one.	The student will be given tools to help deal with the mental and emotional stresses “when tomorrow starts without a loved one”.
October 6, 2021 7:00 – 8:30 p.m. Pt I	Depression, Anxiety and Suicide – combating negative thoughts - teen, parents, and guardians	This class will provide tools to assist the students in dealing, in a healthy way, with anxiety, depression and negative thoughts which often go hand in hand. They will Learn to recognize the signs and will learn ways to avoid the negative effects as well as when, how, and where to get help.
October 13, 2021 7:00 – 8:30 p.m. Pt II	Depression, Anxiety and Suicide – combating negative thoughts - teen, parents, and guardians	This class will provide tools to assist the students in dealing, in a healthy way, with anxiety, depression and negative thoughts which often go hand in hand. They will Learn to recognize the signs and will learn ways to avoid the negative effect as well as when, how and where to get help.
October 20, 2021 7:00 – 8:30 p.m. Pt I	Emotionally Healthy Spiritually	The students will learn how true spirituality frees us to live joyfully in the presence as it is impossible to be spiritually mature while remaining emotionally and mentally immature.
October 27, 2021 7:00 – 8:30 p.m. Pt II	Emotionally Healthy Spiritually	The students will learn how true spirituality frees us to live joyfully in the presence as it is impossible to be spiritually mature while remaining emotionally and mentally immature.

<p>November 3, 2021 7:00 – 8:30 p.m.</p>	<p>Psychological Distress: Anxiety, Depression and Substance Abuse – Dealing with the stresses caused by Covid-19</p>	<p>In this class students will be affirmed that dealing with the challenges of Covid-19 had a major effect on their lives. They will learn ways to cope with stress in a healthy way which will make them, the people they care about and those around them more resilient.</p>
<p>November 10, 2021 7:00 p.m. – 8:30 p.m.</p>	<p>Caring for the Caregiver -Selfcare: compassion Fatigue & Social Isolation</p>	<p>The student will learn to recognize the signs and symptoms of compassion fatigue. They will learn ways to deal with both compassion fatigue and social isolation without the guilt that often accomplish it thus improving their mental wellbeing. The student will learn how to reach out to others, including their church, for assistance when needed.</p>
<p>November 17, 2020 7:00 p.m. – 8:30 p.m.</p>	<p>Mental Health and Exercise</p>	<p>The students will learn how exercise impact their mental health and why. The students will explore a mired of exercises for all ages, both physical and mental</p>