

Mental Health Webinar

Blessed Trinity CWL Council has recognized that these are unprecedented times, that many people are experiencing psychological, mental, grief, stress management, loneliness, isolation, anxiety and spiritual concerns. To respond to these needs, Southdown Institute is now offering new programs for the Catholic population. In this time of Covid19, we are restricted to having events in our parishes so we are using these virtual opportunities to our advantage and would like to share them with our CWL Sisters, families and friends. Register www.southdown.on.ca

Our Faith: A Key to Sustained Mental Health in Times of Crisis

We invite you to join us for this two-part webinar to engage in an interactive process of exploring how our faith can indeed be a key to sustained mental health. There will be time available at the conclusion of each webinar for questions and answers.

Date: November 14 and 21, 2020 **Time:** 1:00 pm - 2:30 pm ET **Cost:** Introductory Offer: \$30.00 for both dates

Presenter: Rev. Stephan Kappler, Psy.D., C. Psych., R. Psych., President and Chief Psychologist of Southdown