

ST JOHN LALANDE MENTAL HEALTH MINISTRY: MENTAL HEALTH BASICS

Registration is
encouraged



Join us for a presentation on the
breadth of mental health:

- the signs of mental illness and
when to seek help
- how to break the mental health stigma
- how to advocate for self or loved ones
- different types of treatments



ANNA JETT MS, LMFT

Clinical Therapist
EMDR Trained

God is our refuge and our strength,
an ever-present help in distress. Psalm 46:1-3
positivewellbeing@sjlparish.org

St. John LaLande Catholic Church

801 RD Mize Road, Blue Springs, MO

6:30pm - 7:30 pm

Parish Center

JAN

24th

2024

