

You are Invited for Prayer and Support!

St. Dymphna - Patron Saint of
Mental Illness Feast day Mass

St. Damian Church

Saturday, May 19 at 9:00AM

Followed by refreshments and discussion

Statistics show that one in five of us will experience some form of a brain disorder in our lifetime through no fault of our own. Diseases like Alzheimer's, Anxiety/Depression, Bipolar, Eating Disorders, Personality Disorders, Schizophrenia, and many other conditions have evidence-based treatments which help us to become the best versions of ourselves. Your life may already be impacted by someone you know who faces the reality of living with a mental health disorder. Many organizations across the U.S are helping to raise awareness all month long about mental health (www.NAMI.org).

We invite you to join us on Saturday, May 19th at the 9am Mass at St. Damian Parish to help us celebrate St. Dymphna, the Patron Saint of Mental Illness, immediately followed by the Kennedy Forum's ON THE TABLE event (See www.thekennedyforumillinois.org/on-the-table-2018). Over a cup of coffee and a continental breakfast, St. Damian Parish's Mental Health Awareness Support Group will facilitate conversations around tables about our ideas and beliefs about mental illness, the brain disorder that affects all of us. Come listen and/or share your thoughts about mental illness. A brief presentation by the Reverend Ericka Bailey, a NAMI volunteer, will share her story about mental illness prior to the table discussions.

The St. Damian Mental Health Awareness Support Group hosts regular monthly meetings open to all. Meetings are held the third Thursday of every month from 7:00-8:30PM in the Pastoral Center 5250 W. 155th Street, Oak Forest.

For more information call the Pastoral Center (708) 687-1370

Tony Mazurowski (708) 951-3232

Maria Connolly (708) 284-6511.

Help us Break the Silence about Mental Illness!