



May 21, 2017

Is your church looking for ways to reach today's young adults? If so, introducing a **FREE** (yes, I said free!) on-demand course :

Congregations Connecting with Young Adults; An interview with Rev. Dr. Kristina Lizardy-Hajbi



This is a **GREAT** resource for congregations looking for ways to engage in or revitalize young adult ministries. Once registered, you'll have access to a series of 6 video interviews to hear Kristina discuss what congregations can learn from this important research as well as apply within their unique contexts.

Each video is topical and runs between 5 – 8 minutes. In addition, you'll receive a group reflection worksheet and recommendations for additional information. The beauty in the on-demand format is you may review everything at your own pace, stop and return when it's convenient for you. Only one caveat: We do not suggest accessing the course from a mobile device due to variances in accessibility.

The course is best viewed on a laptop or desktop computer.

To register, go to: <https://carducc.wordpress.com/>
Click on the "Welcome to Class" button.

Mental Health Sunday May 21

"People with mental problems are our neighbors. They are members of our congregations, members of our families; they are everywhere in this country. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries for help come. A problem of this magnitude will not go away. Because it will not go away, and because of our spiritual commitments, we are compelled to take action." - Rosalynn Carter



5 simple things you can do ...to make the world a better place for people with illnesses and their families

1. Be a friend

Provide companionship and compassion on the road toward recovery. Offer a ride to church or to a local support group. Listen without judgment. Pray for those you know with mental illness and for their families.

2. Be an Inspiration

Share your story. Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.

3. Watch your language

Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as "crazy", "psycho", "lunatic" or "mental".

4. Be a "StigmaBuster"

Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.

5. Learn the facts

Educate yourself about the various mental illnesses. Attend a lecture or class or use the Internet. Good places to start include the National Alliance on Mental Illness, www.Nami.org and the National Institute of Mental Health, www.nimh.nih.gov