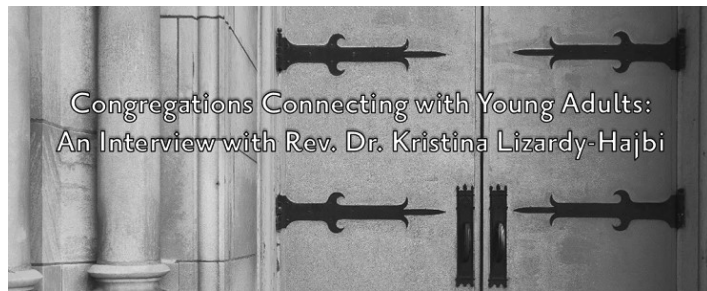




May 21, 2017

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](http://www.Nami.org) and the National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov)