A Discussion on Depression

Join us as we discuss how to:

- Bust the Stigma of Mental Illness
- Help Family and Friends who are suffering
- Identify Signs and Symptoms in our Youth

There will be speakers from Minding your Mind,
NAMI (National Alliance on Mental Illness), MCES (Montgomery County Emergency Services)
and OC87 Recovery Diaries

This program will be open to the public.
Please share with your family and friends.

In Crisis? Call: 1-800-273-TALK

Saturday, Nov 9, 2019
9:00 am – 12:00
St Paul’s Lutheran Church
415 E Athens Avenue, Ardmore PA

For More Information: Contact the church office (610-642-3211) or
Beth McElvenney: 610-853-2444 or bethmcelvenney@gmail.com

This program is sponsored by St Paul’s Stephen Ministry