

**Let's
talk:**

My MENTAL HEALTH MATTERS

COMMUNITY CONVERSATIONS & WELLNESS EXPO

Join us, May 1–29,
for this month-long initiative dedicated to
promoting mental wellness faith-based support,
and community resources.
Free and open to the community!

Let's Talk Seminars:

Every Thursday in May | 7:00 PM

May 1: Faith and Mental Health | *Dr. William A. Jones, DMin, MFT*

May 8: Youth and Hospitalization | *Lori Lira, LMFT*

May 8: Children and Youth Coping Skills Group | *Dominic Moore, Senior Behavioral CPSS*

May 15: Mental Health Challenges in Older Adults | *Nora Escobar, LMFT*

May 22: Living with Serious Mental Health Conditions | *Karen Murray, LMFT*

May 29: Coping with Grief and Loss | *Kirby Maus, LMFT*

Wellness Experience & Expo:

Saturday, May 17 | 10:00 AM

Expert Panel Discussions

Interactive Youth Wellness Rooms

Parent Workshop: Raising Resilient Children

Vendor Expo

Where:

Mount Calvary Holy Church
75430 Gerald Ford Dr., Suite 207
Palm Desert, CA 92211
John E. Gentry, Jr., Lead Pastor

Visit our **Connection Center** or call/text to 760.698.8604
or register online at mountcalvarypalmdesert.com/letstalk



MOUNT CALVARY HOLY CHURCH



Scan the QR Code
for more details



For more information, contact:
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