


Listen with the Ear of the **Heart**:

Training to be a Parish-Based Mental Health Minister



Learn the skills of Deep Listening, Praying With, and Self-Care as you serve others.

Four sessions focusing on the Art & Practice of Accompanying another as a Mental Health Minister. April 8-April 29, four consecutive Mondays from 5:00 pm-6:30 pm via ZOOM 

We ask you to commit to all four sessions. You will also be asked to commit to 30 minutes before each session to read, reflect, and write.

To register and for more information:

contact Barbarazahner1@mac.com

<https://www.dsj.org/evangelization/social-ministries/mental-health/>