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/