



Bridges to Hope

**Tuesday,
November 27**

9 a.m. - 12 p.m.

**Bluebonnet Trails Community
Services**

**1104 Jefferson Street
Seguin, Texas 78155**

For more information, contact:

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Founding Sponsor



Bridges to Hope:

A Free Mental Health Training for Faith Community Leaders

Because religion and spirituality often play a vital role in healing, it's not uncommon for families and individuals experiencing mental health issues to turn to a faith leader first for help. Yet faith leaders, staff and key outreach volunteers are often lacking the information, education and resources to be the "bridge to hope" needed as people navigate serious, sometimes life-threatening, mental health issues.

If your community is ready to build bridges to hope for families and individuals living with mental illness, this is a perfect introductory **3-hour training**, which features:

- An informative overview of prevalent mental health myths and common symptoms of mental health disorders
- Simple ideas for building "bridges to hope" for your faith community
- A tool kit of community mental health resources
- A tool for developing an action plan to address the needs in your community and optional post-training support

Who should attend?

- Rabbis, imams, clergy, priests, pastors, deacons, elders
- Staff of faith communities
- Volunteer or lay leaders providing outreach and support for faith communities

Registration Required:

namiaustin.org/bridgestohope

Registration is required and space is limited.



In collaboration with NAMI Austin