

MENTAL HEALTH

LE(N)T'S TALK ABOUT MENTAL HEALTH

5-PART SERIES DURING LENT

FEB. 18, 25, MAR. 3, 10, 17

1:00 PM AT FRANCISCAN SISTERS CAMPUS

116 8TH AVE. SE (DOOR E) ~ LITTLE FALLS



WEEK 1: WHAT IS MENTAL HEALTH?

WEEK 2: SUPPORTING OUR CHILDREN'S
MENTAL HEALTH

WEEK 3: COPING - WITH COMPASSION

WEEK 4: SPOTTING THE SIGNS OF
SUICIDE

WEEK 5: THE CONNECTION BETWEEN
MENTAL HEALTH AND SUBSTANCE USE

THIS MENTAL HEALTH SERIES IS **FREE** AND
OPEN TO ADULTS & HIGH SCHOOL STUDENTS.

TO HELP US PLAN FOR SEATING, PLEASE
REGISTER AT:



CONTACT [JDEERING@FSLF.ORG](mailto:jdeering@fslf.org)
WITH ANY QUESTIONS.

****REFRESHMENTS PROVIDED****



PARTNERS:

FIRST LUTHERAN CHURCH OF LITTLE FALLS
THE COMPASSIONATE WAY
RANDALL PRESBYTERIAN CHURCH
FIRST UNITED CHURCH
NORTHERN PINES MENTAL HEALTH
SUICIDE PREVENTION REGIONAL COORDINATOR

WORKING TOGETHER TO GROW COMMUNITY CONNECTIONS FOR MENTAL HEALTH

