



## **Mondays with Micah Group 2025**

**April 28, 2025**

**Lord of Life Lutheran Church, 6190 Fairview Rd N, Baxter,  
7:00 – 8:30pm, Sanctuary**

### **Mental Illness and Mental Health Are Us**

Negative societal stigma about mental illness presents a huge problem to those living with mental health challenges. Stigma prevents people from seeking help for as long as 10 years. Join us as a panel of people with various lived experiences of mental illness tell their stories, describe the coping skills they have learned, and talk about the types of support that have helped them.

#### **Q & A session will follow the presentation**

Light refreshments will be served. A free will offering will be taken for the ongoing work of Micah Group.

There is no charge and everyone is welcome.