



**A free mental health
presentation
for our
faith communities.**

**Thursday, September
16, 2021 at 6:30 p.m.
Cathedral of St. Peter
1243 N. Church St.
Rockford**

**Social distancing and
mask wearing
is required.**

The Effects of the Pandemic on our Body, Mind, Behavior and How we Heal

The pandemic has had a severe impact on our physical health, economy, education and the way we do business. However, we need to understand how it has impacted each of us - even if we never got sick. Learn how to understand these changes and how to heal.



NAMI Northern Illinois

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<https://naminorthernillinois.org/nami-presentations/nami-faithnet/>