



We often focus much of our attention on our physical health but not so much on our emotional and mental health. Please join me for an eight week course: The Sanctuary Course for Catholics: Exploring the Intersection of Faith and Mental Health on Thursdays, October 21 through December 16 at 6:30 pm in the Parish Center Resource Room. A maximum of 15 spots available. We often focus much of our attention on our physical health but not so much on our emotional and mental health. Please join me for an eight week course: The Sanctuary Course for Catholics: Exploring the Intersection of Faith and Mental Health on **Thursdays, October 21 through December 16 at 6:30 pm in the Parish Center Resource Room.**

A maximum of 15 spots available. For questions and registration please contact Angi Swiezy at [aswiezy@stmarkindy.org](mailto:aswiezy@stmarkindy.org) or 317-787-8246.

For more information about the course visit:  
<https://watch.formed.org/the-sanctuary-course-for-catholics>