



Accompaniment - Listening - Spiritual Support

St. Joseph Catholic Church, Hanover is hosting *The Sanctuary Course for Catholics* from January 6 through February 28, 2025. In anticipation of the winter weather, this is a virtual course. An 'In Person' group session will be held in late Spring.

What is it?

How can a church become a sanctuary—a place where individuals living with mental health challenges feel safe, supported, and a sense of belonging? *The Sanctuary Course for Catholics* was created to inspire and equip communities of faith that are asking this important question. Developed in consultation with mental health professionals, theologians, and people with lived experience, this eight-session study guide explores key mental health topics and examines meaningful ways to offer companionship, support recovery, and promote wellbeing.

From: [The Sanctuary Course for Catholics - Sanctuary Mental Health Ministries](#)

Who is it for?

The Sanctuary Course for Catholics is a study guide for small groups, designed to raise awareness and start conversations in local churches regarding mental health. Our group might include:

- People with questions about mental health
- Mental health professionals with a wealth of knowledge to share
- Leaders who want to engage their community in mental health conversations
- People supporting loved ones with mental health problems
- People living with mental health problems

The Sanctuary Course for Catholics is for anyone who wants to learn about faith and mental health. It requires no previous training or expertise—just a willingness to engage in dialogue with other believers. This course and films address difficult and sensitive topics and may not be appropriate for a young audience. It is not recommended for people ages 17 and younger.

What to expect:

- Eight sessions (available as a coursebook or audiobook)
- Eight films
- Interactive discussion questions and group exercises
- Prayers and reflections
- Comprehensive leader and participant guides
- Available in Spanish on FORMED here.

Resources:

- Course Materials
- Coursebook
- Films

Learn more about this course and Sanctuary Mental Health Ministries at www.sanctuarymentalhealth.org/catholics/

To register, send an email with your first and last name, email address and phone number here: sandrasjmh@gmail.com. A Zoom link will be sent prior to the first session.

Peace & Blessings of the season,
Sandra