In their recent pastoral letter on mental health, the California Catholic Bishops stated, “Like Christ, we are called to tend to the whole person—body, mind and spirit.” This rings true, but questions immediately arise as to how mind, body, and spirit are related. Should they be equally important for Catholics? Does a deep spirituality depend on having a sound mind and body? Can people with serious mental health challenges have authentic spiritual lives? Does stigma keep us from sharing our spiritual, mental, and bodily struggles with each other? What does it actually mean for a human to thrive or flourish? How do parish leaders and parents present these concepts to those they serve? These questions and those brought to the workshop by attendees will be discussed.

Morning Speakers in English: 9:00 a.m. to Noon

John Dolan, Auxiliary Bishop of San Diego – on the Spirit,
Dr. Christauria Welland, Psy.D., local therapist – on the Mind,
Jordan Friske, creator of Catholic Fitness Training – on the Body

Evening Speakers in Spanish: 6:30 p.m. to 9:00 p.m.

Fr. José Castillo, Pastor of Our Lady of Mt. Carmel, San Ysidro, on the Spirit,
Dr. Christauria Welland, Psy.D., local therapist – on the Mind,
Juan López of Catholic Fitness Training – on the Body

Each workshop will end with a panel of the session’s presenters with ample time for questions from attendees. Snacks and refreshments will be provided.

Who should attend: Clergy, Parish Staff, Parish Ministry Leaders, Mental Health Professionals, Parish Mental Health Ministry Members, Teachers, Family Members Who Have Struggled with Mental Health Challenges.

There is no charge for these workshops, but registration is required. Register for either workshop at SocialMinistrySanDiego.com

For more information, call or e-mail Maria Valencia: (858) 490-8323 or mvalencia@sdcatholic.org