

The (Often) Forgotten Link: Spirituality and Mental Health



Presenter Susan Stewart (LMFT)
Saturday, May 16, 2020, 9 am - noon
Webinar (ZOOM)

Our spirituality and mental health are intimately connected. Our health (or lack thereof) in one area impacts health in the other. What does it mean to be mentally/emotionally and spiritually healthy? How can spiritual practice positively affect our mental/emotional health, and healthy mental habits deepen our spirituality? How does Scripture inform our health? How do we do health together, as the body of Christ? We will explore these and other questions through information, discussion, and periods of reflection.

Presenter Susan Stewart is a licensed Marriage and Family Therapist in the Shippensburg/Chambersburg area. She earned her Master of Arts in Marriage and Family Therapy and Master of Divinity degrees from Evangelical Theological Seminary. She trained with the Center for Spiritual Formation as a spiritual director and recently became a health coach. Her private practice focuses on holistic healing – mind, body, spirit, and community.

Register online at www.centerformation.org or use form below, and mail to The Center For Spiritual Formation, 45 S. West St., Carlisle 17013. Cost: \$40, 0.3 CEUs awarded

Questions? centerformation1@gmail.com or 717-249-1512, ext. 249

Registration deadline May 9, 2020 Spirituality and Mental Health Cost: \$40 0.3 ceus
(minimum of 5 participants)

Name: _____ Phone: [] _____

Address: _____ ZIP: _____

e-mail: _____

You are considered registered when your fee is paid.