

MENTAL WELLBEING: AN INTRODUCTION

WHEN

Saturday 4th February 2017
10am-4pm

WHERE

St Oswald's Church Hall

School Lane, Ashbourne

All are welcome to attend this exciting day seminar where we will equip you with knowledge, understanding, and some practical skills in the field of mental well-being in a Christian context. The day will be of special interest to those involved in leadership and pastoral care.

Material is biblically based and draws on best practice from the worlds of psychiatry, psychology and church ministry. Topics include:

What is mental wellbeing? Why do things go wrong? Tools for staying well The future of the Church and mental health care The cost of caring Supporting people with mental health problems in church life Working with partnerships Mental health and Christian spirituality

FOR MORE INFO AND TO BUY TICKETS:
WWW.BUYTICKETS.AT/RENEWINGMINDS
OR EMAIL: RENEWING.MINDS@MAIL.COM

**Renewing
Minds**

Renewing Minds lead seminars throughout the UK and internationally to church leaders, pastoral teams, mission partners and students.

Teaching is delivered by a registered mental health nurse and behavioural therapist with experience in church leadership and overseas mission.

TICKETS

£15
£10 Unwaged

**Tickets must be bought
in advance**