

SCRANTON MENTAL HEALTH MINISTRY

at the CATHEDRAL OF SAINT PETER

SPIRITUAL SUPPORT GROUP

WHEN & WHERE

The Ministry offers two Spiritual Support Groups

For those living with a mental illness

10 AM | Second and Fourth Saturday of the Month

7 PM | Third Tuesday of the Month

For parents, family members, and friends

6 PM | First Tuesday of the Month

The group meetings will last approximately 90 minutes.

Refreshments will be provided.

Bishops Hall at the Cathedral Rectory

315 Wyoming Ave., Scranton

(rear entrance and down the stairs)

ABOUT *the* MINISTRY

The Scranton Mental Health Ministry at the Cathedral of Saint Peter provides a safe, supportive space for individuals in our community who are experiencing mental illness. The ministry also supports the parents, family members, and friends of those who are supporting a loved one who is experiencing mental illness. The parish communities of the **Cathedral, Immaculate Conception** and **Mary, Mother of God** are participating in this ministry.

WHO *to* CONTACT

Deacon Ed Shoener

Cathedral of Saint Peter | 570-344-7231

Deacon Jan Mroz

Mary, Mother of God Parish | 570-342-4881

Deacon Pat McDonald

Immaculate Conception Parish | 570-961-5211

WHAT IS A MENTAL HEALTH SPIRITUAL SUPPORT GROUP?

Our goal is to ensure that no one feels alone in his or her struggle with mental illness. Sharing each other's stories can be a liberating and welcome break in the silence that often surrounds mental illness. This is the place to speak out and be heard in a safe, confidential, and non-judgmental environment, where isolation and stigma dissipate as supportive community is created.

The spiritual support groups are not group therapy but a ministry in which members seek to help support others during their time of need and to grow spiritually in their relationship with God.

HOW ARE THE MEETINGS STRUCTURED?

The meetings open with prayer. This is followed with individual sharing and support by group members. The second half of the meeting is spiritually based with reflections on scripture readings along with prayer.

A PLACE WHERE PEOPLE WITH MENTAL ILLNESS CAN FIND FAITH-FILLED SUPPORTIVE RELATIONSHIPS AND FRIENDSHIPS

WHAT WILL YOU GAIN?

The experience of prayer, supportive relationships and inner strength. You will find that you are not alone.

DID you KNOW?

The National Institute of Mental Health estimates that one in five Americans has a mental, behavioral or emotional disorder.

