

## Mental Wellness Series October 2010

North United Methodist Church 3808 North Meridian St. Indianapolis

No charge. Registration advised. Call 317-924-2612

## October 3-9 – Mental Illness Awareness Week

2010~marks the  $20^\text{th}$  anniversary of Congress' designation of the first week of October as Mental Illness Awareness Week

(MIAW). 20% of Americans are affected in any given year at some point in their life-time by depression, schizophrenia, bipolar disorder, anxiety disorders or some other serious emotional disturbances. Education builds understanding and empathy. As people of faith learn compassionate, informed responses to people living with these bio-chemical brain disorders, we can break the silence and shame associated with them. Early diagnosis and treatment can improve the quality of life for individuals and families. It can even save lives. Tuesday, October 5 will be observed by many as the **National Day of Prayer for Mental Illness Recovery and Understanding**. Resources for this day of prayer and MIAW may be found at <a href="https://www.nami.org/namifaithnet">www.nami.org/namifaithnet</a>. Look for the MIAW Toolkit.

## Saturdays, 9:00 A.M. - 12:00 -- Fellowship Hall (8:30 registration; rolls, fruit and coffee)

October 9 - Mental Illness & Families of Faith: How Congregations Can Respond - Facilitator Carole J. Wills, M.A.R., NAMI FaithNet National Advisory Group; Alban Institute Mental Health Ministry Resource Consultant. As people of faith committed to sharing Christ in our community, this session will help us move from misunderstanding to empathy to action. We will explore practical ways to come along side those affected by mental illness. A family panel will share "What Helps & What Hurts".

Oct. 16 - Mental Wellness: Managing Stress & Depression - Presenter Jay D. Fawver, M.D., Fawver Wellness Clinic, Ft. Wayne, IN; Clinical Professor of Psychiatry, Indiana University School of Medicine, Indianapolis; Host of Public Television's "Matters of the Mind with Dr. Jay Fawver. Learn the signs and science of stress and depression; develop your own wellness plan based on a holistic approach.

*Oct. 23 - Caring for our Veterans and Military Families* – Presenters: Scott Patterson, Ph.D., Psychologist Veterans Administration Medical Center, Indianapolis, Local Recovery Coordinator; John W. Myers, M.S., Vocational Rehabilitation & Education Officer, Veterans Administration Regional Office. Both Post Traumatic Stress Disorder and Traumatic Brain Injury can be totally debilitating to veterans and their families. How can we become agents of healing and hope? What resources and coping strategies are available for military families? How can church friends be helpful?

<u>Sunday, Oct. 17, 5:30 -- Chapel</u> – *A Service of Prayer for Healing and Hope* – Whether our mind, spirit, body or soul are broken, the healing power of prayer, song, scripture, ritual and Christian fellowship are some of God's agents for inner healing - even when a "cure" seems illusive. We'll practice God's call to "Come and wait on the Lord."

