

MENTAL HEALTH MATTERS

Hope & Healing: Raising Mental Health Awareness and Cultivating the Healing Power of Hope

JULY 27, 2025 | 2pm to 5pm | Saint Augustine Parish Hall

According to CDC, **Mental Health is a state of well-being** that enables us to cope with the stresses of life, realize our abilities, learn well and work well, and contribute to our community. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging. **Hope and healing are essential components of recovery from mental health challenges.** Fostering hope, through supportive environments and positive self-care practices, can significantly improve mental well-being and promote healing.

As a faith community, **Saint Augustine parish** is helping raise awareness and helping change the conversation around mental health. Join us for a **FREE** workshop to learn more about:

- **Mental health challenges and ways for cultivating hope in daily life**
- **Recognize the signs and symptoms of depression, anxiety, and dementia, its treatments and when to seek professional help**
- **Caring for loved ones with dementia and their caregivers**
- **Creating a community of hope (community resources)**



MELANIE AKALAL, MD
Psychiatrist, The Permanente
Medical Group - Antioch, CA



**CATHOLIC CHARITIES
SAN FRANCISCO**
Adult Aging Programs
and Memory Café



JOCelyn DE LA TORRE, RN, BSN, SN IV
Residential Care Facility for the
Elderly Licensee/ Administrator
Hospice Care Administrator

Register by July 26

Go online using the link below:

www.bit.ly/HopeandHealing



Scan the QR Code
or Call Parish office
(650) 873-2282