



Mental Health Ministry  
Seven Sorrows BVM

# Spiritual Support Group

## Meeting Dates

Meetings are held the  
2nd Thursday of each Month  
6:30 – 7:30 pm  
Rectory Living Room

2025		2026	
		Jan. 8, 2026	July 9, 2026
		Feb. 12, 2026	*Aug. 6, 2026
		Mar. 12, 2026	Sept. 10, 2026
		April 9, 2026	Oct. 8, 2026
		May 14, 2026	Nov. 12, 2026
Dec. 11, 2025		June 11, 2026	Dec. 10, 2026

\*Note: August meeting is the FIRST Thursday of the month due to scheduling conflict.

***All are Welcome!***

see map below



## What is a Spiritual Support Group ?

A Spiritual Support Group offers participants a chance to walk with others as they experience God.

This group is intended to support those living with mental illness, their family and friends. It also includes those who struggle with the mental strain of life's difficult moments. These include but are not limited to divorce, grief/loss, illness, and family discord. Although momentary upheaval may differ from Mental Illness, we can all benefit from the healing grace of our Lord; learning where to find Him in the darkest moments of our lives.

This will be done in a safe, confidential, and non-judgmental environment.

This is not "group therapy" but a ministry where members look to support others during their time of need and seek to grow spiritually in their relationship with God.

***"We are not the sum of our weaknesses and failures,  
we are the sum of the Father's love for us and our real  
capacity to become the image of His Son Jesus." -***

*St Pope John Paul II*





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## Seven Sorrows BVM Spiritual Support Group Map

