



SCRANTON MENTAL HEALTH MINISTRY

at the CATHEDRAL OF SAINT PETER

SPIRITUAL SUPPORT GROUP

ABOUT *the* MINISTRY

The Scranton Mental Health Ministry at the Cathedral of Saint Peter wants to provide a safe, supportive space for individuals in our community who are experiencing mental illness. The parish communities of the **Cathedral**, **Immaculate Conception** and **Mary, Mother of God** are participating in this ministry.

WHAT IS A MENTAL HEALTH SPIRITUAL SUPPORT GROUP?

We are offering a spiritual support group open to anyone experiencing mental illness. Our goal is to ensure that no one feels alone in his or her struggle. 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 group is 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. One does not need to be Catholic to participate but Catholic prayers and devotions will be used.

HOW IS THE MEETING STRUCTURED?

The meeting will open with a prayer. This is followed with individual sharing and support by group members. Group members are encouraged but not required to share experiences. The second half of the meeting will be spiritually based with reflections on scripture and spiritual readings along with prayer.

WHAT WILL YOU GAIN?

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

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

WHEN & WHERE

The group will meet at 10 AM on the second and fourth Saturday of the month, starting April 8, in **Bishops Hall at the Cathedral Rectory, 315 Wyoming Ave., Scranton (rear entrance and down the stairs)**. The group meeting will last approximately 90 minutes. Refreshments will be provided.

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

DID *you* KNOW?

The National Institute of Mental Health estimates that one in five Americans has a mental, behavioral or emotional disorder. That means roughly 20% of parishioners struggle with a mental illness.

