



Charting a path toward mental wellness with children, youth, and adults

A Wesley Night Program

**Wednesdays, October 8, 15, and 22, during Wesley Night
7:00pm, McAdams Social Hall**

Education creates awareness; awareness creates understanding; understanding creates healing.

Join us for this informative three-part series on recognizing, preventing, and living with mental illness.

**Session 1: Recognizing Mental
Illness in Children; suicide and
depression awareness and
prevention**

Speakers:
Child Psychiatrist Dr. Felissa P.
Goldstein DFAPA, DFAAP
Nancy Brooks, Executive
Director of NAMI-National
Association for Mental Illness

**Session 2: Recognizing Mental
Illness in Adults; suicide and
depression awareness and
prevention.**

Speakers:
Adult Psychiatrist Dr. Jennifer
Wood and Vice President
Adult Services Seven Counties
Jean Romano, LPCC-S, Seven
Counties Services

**Session 3: Living with Hope
and Thriving**

Speaker:
Kathy Dobbins, Wellspring
CEO, along with peer stories
of thriving