



THE SANCTUARY COURSE®

**Mental Health: 3 Perspectives
Psychological, Sociological and Theological**

Promoted by Around The Well

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Key Ideas - 8 Sessions



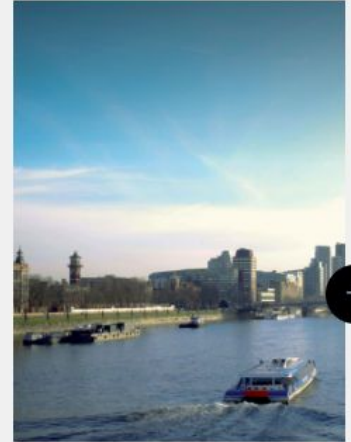
SESSION 1
MENTAL HEALTH



SESSION 2
MENTAL ILLNESSES



SESSION 3
STIGMA



SESSION 4
RECOVERY

Fall

Foundational Thoughts 4 Sessions

Key Ideas - 8 Sessions



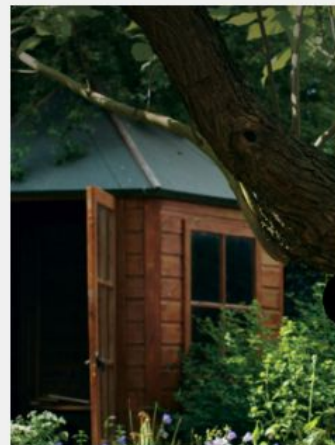
SESSION 5
COMPANIONSHIP



SESSION 6
CAREGIVING



SESSION 7
SELF-CARE



SESSION 8
REFLECTION

Winter Fruitful Thriving 4 Sessions

Join us to Plan and Run this!

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