



PROTECTING OUR CHILDREN'S SOULS

Counselors from Catholic Human Services (CHS) will speak on topics that are relevant to the mental health of our children.



**Second Sunday of Each Month
October - February at 5:00 PM at St. Matthew**

Topics We'll Explore Together:



October: Many parts, one family – **understanding and communication** in families, dealing with **anger** and **conflict**.



November: Behavioral health: The human person and **mental wellbeing**



December: Substance Use Prevention – Awareness, Current Trends; Signs, Symptoms, Hidden in Plain Sight, Refusal Skills



January: Safe Talk/ Suicide/ Mental Health



February: Understanding **anxiety** and promoting **wellness**: A nursing perspective



This program is for everyone—parents, grandparents, teachers, church leaders, and all those who care about the well-being and future of our children. Together, we can encourage, support, and invest in the next generation.



First Session: Sunday, October 11



**If you have any questions, call the St. Matthew Parish Office
(231) 582-7718**