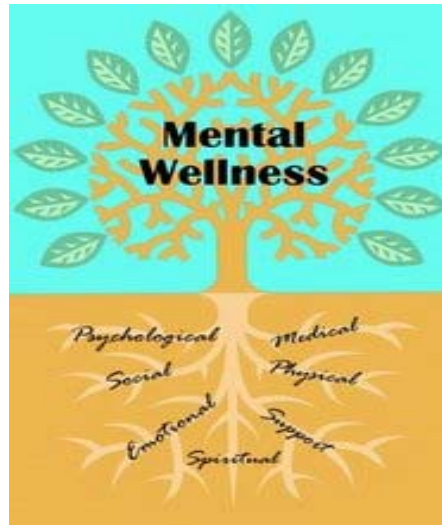


St. James Mental Health & Wellness Ministry  
is pleased to announce a new educational program

## HEALING MONDAYS



### Weekly Presentations about Emotional and Mental Health

- \* Every Monday at 7:00 PM
- \* Educational Talk
- \* Time For Your Questions
- \* Online via Zoom
- \* Discussion
- \* Answers From Experts

*Presented by local parishioners and psychiatric providers:  
Antonina Kozłowska, ARNP and Ava Kozłowska, ARNP*

#### Upcoming Topics:

4/19/21 When Loved Ones Are Struggling With Addictions  
4/26/21 Why do I Behave, Think, and Feel this Way

Link for ZOOM Meeting: <https://us02web.zoom.us/j/83364268237?pwd=Q3ZyeTJPRjBrKzRxTVlHRE1GaTA0Zz09Z00>

Meeting ID 833 6426 8237 Passcode: Healing

Questions: contact [info@healingtms.com](mailto:info@healingtms.com) or  
Nancy Granger [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org)