

# Mental Health Promotion Seminars

January to June 2018

First Church Berkeley

DATE	TITLE	TOPICS
January 14 11:45 a.m. -1 p.m.	<b><i>Mental Health: What Is It and Why Should I Care?</i></b>	<ol style="list-style-type: none"> <li>1. What is mental health and how do I maintain it?</li> <li>2. Well-being concepts, individually and nationally</li> <li>3. What is mental illness?</li> </ol> <p>Wellness resources will be available.</p>
February 11 11:45 a.m. - 1 p.m.	<b><i>Mental Illness</i></b>	<ol style="list-style-type: none"> <li>1. What are the mental illnesses and how to recognize the symptoms</li> <li>2. Who gets mental illnesses? Statistics and examples of well-known people, past and present, who have had mental illnesses</li> <li>3. Treatment options for mental illnesses</li> <li>4. Non-mainstream ideas about mental illness</li> </ol> <p>National Institute of Mental Health brochures on individual mental illnesses will be available for anyone to pick up beginning this month. Memoirs about experiences of mental illness (books) will be available to check out.</p>
March 11 11:45 a.m. - 1 p.m.	<b><i>Emotional Literacy</i></b>	<ol style="list-style-type: none"> <li>1. What do we need to know about emotions?</li> <li>2. What do emotions have to do with mental health?</li> <li>3. The high cost to society of emotional illiteracy</li> <li>4. Emotional education</li> <li>5. It's never too late to learn about emotions! (Emotional education for the "over _0" crowd.)</li> </ol> <p>On one Saturday evening this month, we will show the Disney Pixar film, <i>Inside Out</i>, which journeys inside the mind of an 11 year old to see her emotions at work. Suitable for families and easily enjoyed by people of all ages.</p>
April 8 11:45 a.m. - 1 p.m.	<b><i>Companionship: A way of reaching out to others, offering a supportive presence for those who may be isolated, alone and estranged.</i></b>	<ol style="list-style-type: none"> <li>1. What does it mean for us, as members of a faith community, to companion each other for maintaining mental wellness and while coping with, or in recovery from, mental illness?</li> <li>2. How do we, as members of a faith community, support people suffering from mental illness who are not members of our community?</li> <li>3. We will explore the work of Rev. Craig Rennebohm, author of <u>The Way of Companionship</u>, who spent 25 years ministering to people experiencing mental illness on the streets of Seattle.</li> <li>4. We will learn about and practice Active Listening.</li> </ol>

# Mental Health Promotion Seminars

January to June 2018

First Church Berkeley

<b>DATE</b>	<b>TITLE</b>	<b>TOPICS</b>
May 13 11:45 a.m. - 1 p.m.	<b><i>Mindfulness</i></b>	<ol style="list-style-type: none"><li>1. What is mindfulness?</li><li>2. Scientific research on mindfulness and mental health</li><li>3. Mindfulness as part of evidenced-based treatments for mental illness</li><li>4. Mindfulness in schools and the workplace</li><li>5. Practices for increasing mindfulness</li><li>6. Resources for mindfulness practice in our FCCB community and beyond</li></ol>
June 10 11:45 a.m. - 1 p.m.	<b><i>Sleep</i></b>	<ol style="list-style-type: none"><li>1. The science of sleep</li><li>2. Sleep across the lifespan</li><li>3. The relationship of sleep to mental and physical health and illness</li><li>4. Ways to improve your sleep</li></ol> <p>Sign up for 4-session summer sleep improvement group!</p>