YOUNG ADULT MENTAL HEALTH TRAINING

KEEP/WATCH

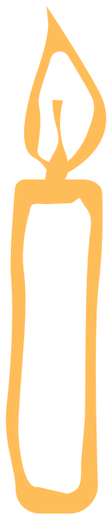
Do you want to help build a church community where people support one another's mental health? Have you wondered what to do when a friend or family member is experiencing suicidality? Christ Church Tacoma is hosting a four-week series to reflect on ways our young adult community can normalize mental health conversations while learning tools to prevent suicidality and intervene in active suicidal behavior.

JULY 28TH

AUGUST 4TH

AUGUST 18TH

AUGUST 25TH



TUESDAYS

6-7PM PST

ONLINE

This training is for those 20-40yrs old. RSVP through text or email:
alexlaurenfrench@gmail.com
(253) 453-0074

CHRIST EPISCOPAL CHURCH TACOMA