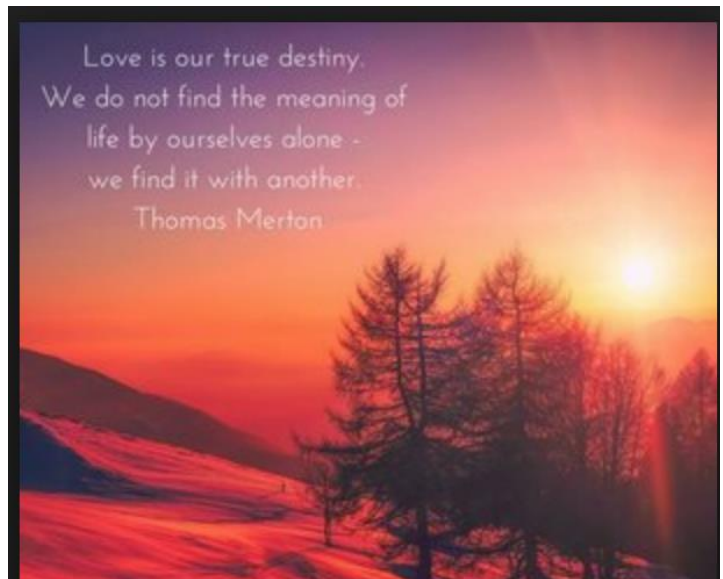


# Healing Mindfully

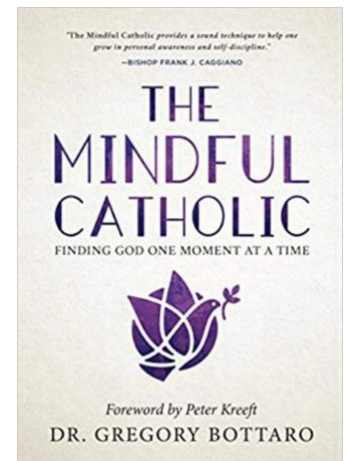
For people working through their depression  
and/or anxiety, practicing mindfulness

Presented to you by Our Lady of Mt. Carmel's  
Outreach and Pastoral Council



## You are not alone!

When we are anxious and/or depressed, our own best thinking is distorted. Come join us and be reminded of who God created you to be. In our group, we stress the principles for leading a whole and holy life. This will be a discussion group covering *The Mindful Catholic* by Dr. Gregory Bottaro



***One of the worst things for anxiety and depression is isolation. You are not alone!***

***Come and join this book discussion and practice group on Tuesday's at 7:00 PM.***

February 26, 2019 - Introduction

March 5, 2019 - Chapters 1 and 2

March 12, 2019 - Chapters 3 and 4

March 19, 2019 - Chapters 5 and 6

March 26, 2019 - Chapters 7 and 8

TO REGISTER, Email the following information to

[Slatonj@olmca.org](mailto:Slatonj@olmca.org)

NAME – ADDRESS - CELL PHONE NUMBER

- **Where:** St. John Bosco Room - Lower level of OLMC Church
- **Who:** Those who are experiencing anxiety and/or depression. We will accept the first 14 registrants only. *Participants must be willing to read 2 chapters per week and be ready to discuss the book.*
- **Cost:** \$16.00 per attendee \*\* Financial Aid available upon request – check payable to OLMC
- **What:** TO REGISTER Email the following info. to [Slatonj@olmca.org](mailto:Slatonj@olmca.org)

NAME – ADDRESS - CELL PHONE NUMBER - We will accept the first 14 vetted registrants