



# MENTAL HEALTH



*family & living room  
support group*

[www.cedarparkchurch.org/mental-health](http://www.cedarparkchurch.org/mental-health) • [mast@cedarparkchurch.org](mailto:mast@cedarparkchurch.org)

# ARE YOU, OR A LOVED ONE, EXPERIENCING THE CHALLENGES OF LIVING WITH MENTAL HEALTH CONCERNS?

## Join us for CPC's Mental Health Family-Living Room Support Group

**Family Room** is a faith-based support group for families and supporters whose lives have been affected by someone's mental health challenges. **Living Room** is a faith-based support group for people living with mental health challenges such as anxiety, depression, bipolar and psychotic disorders.

Members gather in a safe place, free of judgment, to receive and give support and hope by sharing our painful and joyous experiences with each other. Through the group we learn that we are not alone.

We will be meeting at Cedar Park Church once a month from 7:15 – 9:00pm on the following Mondays:

Feb 20 · Mar 13 · Apr 10

May 15 · June 12 · July 17

Aug 14 · Sept 18 · Oct 16



# MAST

Mental-Health Action  
& Support Team

*Extending God's grace by walking alongside persons living with or affected by mental health concerns.*