

Renew Wellbeing in partnership with
Sanctuary Mental Health Ministries
offers you special access to

THE SANCTUARY COURSE

The Sanctuary Course is a small group study that runs over 8 weeks, taking participants on a journey of discussing faith and mental health in community. Sessions cover themes such as:

UNDERSTANDING MENTAL HEALTH
MENTAL ILLNESS
CHALLENGING STIGMA
THE RECOVERY JOURNEY
COMPANIONSHIP
SELF-CARE
THE ROLE OF COMMUNITY

Because of your support for
Renew Wellbeing, you are
entitled to full access to The
Sanctuary Course at no cost.

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RenewWellbeing



SANCTUARY
Mental Health Ministries



SANCTUARY

Mental Health Ministries

WE'RE HERE TO HELP

Sanctuary Mental Health Ministries is a Christian mental health ministry that exists to serve local churches. Sanctuary offers training, tools, and resources to equip the Church to be a sanctuary for all people, at all stages of their mental wellness journeys.

**FIND OUT MORE - VISIT
WWW.SANCTUARYMENTALHEALTH.ORG**

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