



CHRIST-BASED MENTAL HEALTH SUPPORT COMMUNITY TRAINING

Someone you love is struggling. You don't have to feel helpless.

MARCH 28th | 11am - 1pm | FREE

Wasatch County Library: 465 E 1200 S, Heber City

*Light lunch will be served. Please **RSVP** by **March 25th**.*

Mental Health challenges affect **1 in 5 adults** and **1 in 7 teens**, yet most people feel unprepared to respond.

This **free training** introduces Christ-Centered Peer Support — a proven, non-clinical approach that offers **practical help, hope, and connection** grounded in faith.

In this training, you'll learn how to:

- Support without fixing
- Use your lived experience to connect
- Avoid common harmful responses
- Encourage hope and healing

RSVP



CHRISTIAN PEER
NETWORK

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