**Invitation to Whole Hearted: Becoming a Trauma-Informed Parish**

**At: Immaculate Conception Church**

 **31 Calais Avenue**

 **Calais, ME 01619**

**Dates: April 13 and 20**

**Time: 9:30 – 12: noon**

**Light refreshments will be offered.**

We invite you to join us for **Whole Hearted**, a transformative program that integrates spirituality and behavioral health to create a trauma-aware parish and community. In these challenging times, understanding trauma’s impact and fostering healing are essential.

**What is Whole Hearted?** Whole Hearted is not a substitute for clinical therapy, but it provides valuable insights into trauma’s effects on mental and spiritual well-being. As Catholics, our parish community plays a vital role in recognizing when someone needs support, even if they don’t ask for it directly.

**Program Details:**

* **When**: 2 sessions: Saturday, 13 April and 20 April from 9:30a-12p
* **Where**: Parish Hall at Immaculate Conception Church in Calais
* **Facilitator**: Edward French, MSW, ACSW, Catholic Charities Parish Social Ministry

**What to Expect:**

* Explore trauma awareness through guided discussions and personal exercises.
* Learn how to recognize trauma’s impact on yourself and others.
* Discover restorative spiritual and professional resources.

**Why Participate?** Whole Hearted helps us create a compassionate and supportive environment. By becoming trauma-informed, we can better care for one another and foster healing within our parish family.

Join us on this journey toward wholeness and resilience. Let’s build a stronger, more compassionate community together.

To register or for more information contact:

St Kateri Tekakwitha Parish

Ministries Outreach Coordinator at 207-272-1503