

A Community Dialogue About Mental Health

Featuring

Kitty and Michael Dukakis

With a Panel of Temple Isaiah Congregants

Thursday, May 10

7:00 PM – 9:00 PM



Co-Sponsored by the

Temple Isaiah Social Action Committee, Hineini: Caring Community Committee,
Temple Isaiah's GBIO Team, and Sisterhood Wellness Committee

Kitty Dukakis will speak about her experiences with and treatment for depression, and Michael Dukakis will give his perspective as a family member devoted to finding the best strategies for supporting the recovery of a loved one. A panel of Temple Isaiah members who have experiences with mental illness will share their stories and perspectives on helpful tools for promoting recovery and resilience.

Although mental illness is present in all communities, it is often hidden due to the stigma many still attach to it. The intention of this program is to bring the issue into the open as a first step in the conversation about how we might support those who deal with mental illness, and their families, in the tradition of our caring congregation. We will discuss useful strategies to maximize resilience and well-being for those dealing with mental illness.

There will be time for questions and answers, followed by refreshments.

This program is anticipated to be the first in a series addressing mental health and wellness issues at Temple Isaiah.

For further information, contact Cynthia Piltch, 617-306-4854

The Temple Isaiah building is accessible.