

SPIRITUALITY AND MENTAL HEALTH

Creating Your Own Connection

SUNDAY, MARCH 18, 2018 at 2:30pm

Temple Isaiah, 55 Lincoln St., Lexington, MA

Keynote Speaker: David H. Rosmarin, PhD, is director of the Spirituality and Mental Health Program at McLean Hospital and an assistant professor of psychology in the Department of Psychiatry at Harvard Medical School. He supervises the provision of spiritually-integrated services in clinical units throughout the hospital's divisional structure, and collaborates with laboratories to study the clinical relevance of spirituality to anxiety, mood, psychotic, substance use, and other disorders.



Panel including:

- **Opening teaching by Rabbi Howard Jaffe, Senior Rabbi, Temple Isaiah**
- **Shana Alexander, a Temple Isaiah and Mental Health Initiative member, will share her story of how spirituality has supported her mental well-being.**
- **Rev. Anne Mason, minister at First Parish in Lexington, a Unitarian Universalist Congregation**
- **Rev. Dr. Eno Mondesir, President of Agape Global Health and Senior Pastor of the Haitian Baptist Church of Cambridge**

The program will also include a question and answer session and small group discussions followed by a reception with light refreshments and resource tables with more information from local organizations.

Free admission - handicapped-accessible

Co-sponsored by the Temple Isaiah Mental Health Initiative, First Parish in Lexington, a Unitarian Universalist Congregation, and Lexington Youth and Family Services (LYFS). This event is made possible in part through a grant from the Community Endowment of Lexington to LYFS.