



Mark has worked as a Chaplain in the Mental Health Service for the last 19 years or so. He has worked in the acute, rehab and community based settings and has also worked alongside churches promoting education and consultation in regards to mental health. Prior to being ordained, Mark worked as a nurse for almost 20 years working in both hospital and community settings. He has a vast experience in mental health and drug and alcohol services.

Pastoral Care and Mental Health

Dealing with the Elephant in the Room

with Rev Mark Boyce

2-4pm Sundays starting 15 May

CoroUniting Ministry Centre

1 in 5 people will encounter a mental health challenge in their life time.

As a church we would like to be better equipped to respond pastorally to those we know who suffer poor mental health and so are running a series of info sessions on particular mental health topics.

These sessions will be informative in nature, not therapeutic, and are open to all who would like to know and understand more.

Sign up to individual sessions in the foyer or contact the church office.

- 15 May **Boundaries and Safety in Caring for Others**
- 22 May **Depression: Overcoming the Blues**
incl. postnatal depression and encountering a suicidal person
- 29 May **Anxiety: Dealing with your 'IT'**
- 5 Jun **Psychosis / Schizophrenia: What is it?**
- 19 Jun **Bipolar: Dealing with the highs and lows**
- 26 Jun **Dealing with / Managing Conflict**