

MENTAL HEALTH AWARENESS WORKSHOP

for

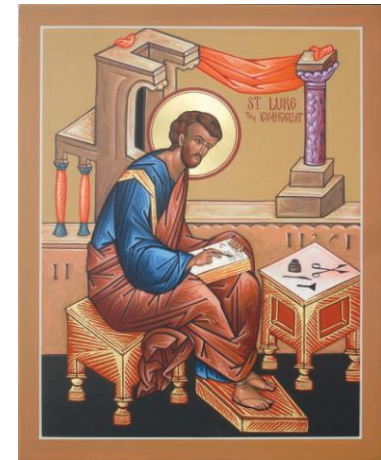
Pastors, Deacons, Catechists &
Interested Adults

Overnight Accommodations

Fairfield Inn & Suites by Marriott
Pittsburgh/North
McCandless Crossing
901 Providence Blvd.
Pittsburgh, PA 15237
412-227-9600

Kearns Spirituality Center
Providence Heights
9000 Babcock Blvd.
Allison Park, PA 15101
412-931-5241
(Campus of La Roche University)

Martina Spiritual Renewal Center
5244 Clarwin Ave.
Pittsburgh, PA 15229
412-931-9766



*"At sunset, all who had people sick with
various diseases brought them to Him"*
(Luke 4:40)

Saturday, August 2, 2025
9:30am-2:30pm

Saints Cyril & Methodius
Seminary
Pittsburgh, PA

Sponsored by the
Office of Religious Education
Byzantine Catholic
Archeparchy of Pittsburgh

PRESENTERS

Stephanie Winkeljohn-Black, Ph.D

Stephanie is an Associate Professor of Psychology at Penn State Harrisburg, PA. She holds memberships in psychological associations and contributed to several publications related to religious behaviors and beliefs regarding mental health. Stephanie is passionate about helping therapists in training develop religious & spiritual competencies with their clients.

Jen Housel, MA

Executive Director of the International Association of Catholic Mental Health Ministers. Jen holds a BA in Psychology and an MA in Theology. Throughout her personal and professional life, she has pursued roles in which she could blend her education and experience to benefit others. Jen is also a certified Gallup Clifton Strengths Coach, Mental Health First Aid Trainer, and a certified Psychological First Aid Trainer.

PURPOSE

Recent data has shown a substantial spike in mental health challenges among young people. This workshop will acquaint you with issues, resources and the role of the Church in the treatment of our mentally ill brothers and sisters.

AGENDA

9:30 AM	Registration/Coffee
10:00 AM	Welcome & Opening Prayer
10:10 AM	<i>Help for the Helpers</i> Stephanie Winkeljohn-Black
11:00 AM	Break
11:15 AM	<i>Mental Health Ministry</i> Jen Housel
12:00 PM	Lunch
1:00 PM	<i>Resources for Mental Health Ministry</i> Jen Housel
2:00 PM	Group Process & Evaluation
2:30 PM	Departure

REGISTRATION FORM

Mental Health Awareness Workshop
Saturday, August 2, 2025
Sts. Cyril and Methodius Seminary, Pittsburgh, PA

Name _____

Phone _____

Email _____

DEADLINE FOR REGISTRATION:

July 28, 2025

Fee: \$45.00 per person (includes lunch, no refunds)
List any dietary restrictions

For more information call 412-322-8773

Or email mdobos1@gmail.com

Please make check payable to:

OFFICE OF RELIGIOUS EDUCATION

3605 Perrysville Avenue

Pittsburgh, PA 15214