



RELIGIOUS IDENTITY & MENTAL HEALTH

A workshop by
Retriever
Integrated Health

DOES IT FEEL LIKE YOUR RELIGIOUS IDENTITY & MENTAL HEALTH ARE AT ODDS?

In this workshop we will:

- Discuss mental health stigmas & how to overcome them
- Learn religious & spiritually rooted coping skills
- Discuss how spirituality and mental health can coexist

When: 5/3 from 4-5pm

Where: Room 118 Center for Wellbeing

RSVP: Juliap5@umbc.edu

This workshop is open to students, faculty, & staff