Let's Talk About...Mental and Spiritual l Health

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**Are you struggling with stress, too many expectations or responsibilities? Have questions, doubts, or concerns about your faith? Come and join us for**

**A Discernment Circle**

**“Calling, Conflict, and Self-Care”**

**October 19, 2017**

**4:30-5:30 pm in K114**

**Lisa Banks-Williams**

Program Coordinator for Student Care

**Chaplain Joey Heath-Mason**

 Kay Spiritual Center, American University

Sponsored by the Office of Community Life- Wesley Theological Seminary.