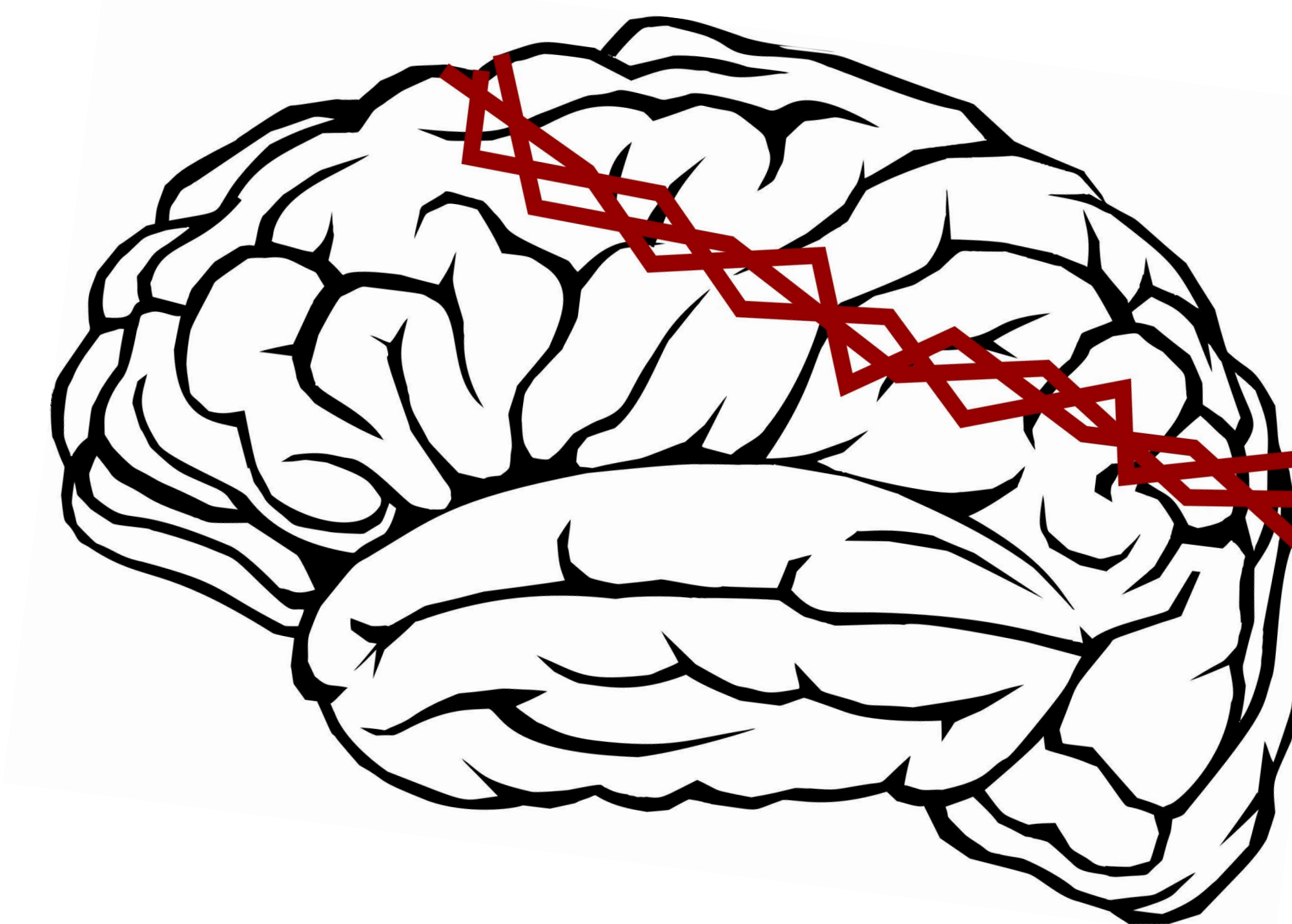


FOCUS WEEK: JAN. 27–FEB. 2, 2019

“DEAL WITH IT” & TAKE HEART

CONVERSATIONS ON MENTAL HEALTH



SUNDAY: GOD'S SHALOM & OUR EMOTIONAL WELL-BEING W/ DR. DEAN WEAVER
HARBISON CHAPEL - 6:30PM

MONDAY

**THE ROLE OF LANGUAGE/
MENTAL HEALTH ABC'S**
GCC COUNSELING CENTER
4PM - STU GREAT ROOM

**FROM YOUR PEERS: STUDENT
REFLECTIONS ON THEIR
JOURNEY WITH MENTAL
HEALTH**

STIGMA & REAL STUDENTS
8PM - HAL STICHT

TUESDAY

SCRIPTURE & MENTAL HEALTH
RD TAYLOR HUNKER
9:25AM - HARBISON CHAPEL

**GOD'S PROVISION IN MY
SUFFERING**

REV. DR. KEVIN GOURLEY
4PM - STU GREAT ROOM

**ALTERNATIVE CHAPEL:
PUSHING THROUGH THE SUR-
FACE & OFFERING SUPPORT**

REV. BETSY RUMER &
REV. DR. GOURLEY
8PM - CRAWFORD AUD.

WEDNESDAY

PAINT AND PRAISE
DR. HOUK & MENTORS
6PM - STU GREAT ROOM

**PRO-ACTIVE COPING
PRACTICES**

ELAINE TIMKO, LPC
8PM - HAL STICHT

THURSDAY

**PERFECTIONISM & MENTAL
HEALTH**
REV. MATT HARMON
9:25AM - HARBISON CHAPEL

**IDENTIFYING & UNDERSTAND-
ING WARNING SIGNS**

PASTOR BOMGARDNER
4PM - STU GREAT ROOM

FAITH, THERAPY, & MEDICINE

PASTORS GOURLEY &
BOMGARDNER, ELAINE TIMKO,
& ELIZABETH MESSER
8PM - HAL STICHT

FRIDAY

**MENTAL WELLNESS
ACTIVITIES**
ALL DAY - STU GREAT ROOM

**CAMPUS PRAYER FOR MENTAL
HEALTH AND WELLNESS ON
OUR CAMPUS**

4PM — STU GREAT ROOM

SATURDAY: WOMEN'S MENTAL HEALTH RETREAT WITH SARAH MITTELMAN, LPC—BY RSVP ONLY

2 COR. 4:16-17

**SO WE DO NOT LOSE HEART. THOUGH OUR OUTER SELF IS WASTING AWAY, OUR INNER
SELF IS BEING RENEWED DAY BY DAY. FOR THIS LIGHT MOMENTARY AFFLICTION IS
ACHIEVING FOR US AN ETERNAL WEIGHT OF GLORY THAT FAR OUTWEIGHS IT ALL.**