

Virtual Event

THE CATHOLIC UNIVERSITY OF AMERICA

26 OCTOBER 2023

THURSDAY | 3:00PM ET

Catholic Insights for Mental Health

FAITH-DRIVEN STRATEGIES

- Faith-centered approaches: Explore how Catholic teachings and spirituality can be a source of strength and healing.
- Value of mental health: Discover the connection between faith and emotional well-being.
- Strategies: Learn Catholic strategies that individuals, families, and parishes can use to promote mental health.



Anthony Isacco

Director of Training,
PsyD Program of Chatham University



Rev. Innocent Okozi

Clinical Team Member,
Southdown Institute



Thomas G. Plante

Professor,
Santa Clara University



[Register for this virtual event.](#)



The Institute for
Human Ecology



THE CATHOLIC UNIVERSITY OF AMERICA

This event is FREE and open to the public.

For questions or accommodations, please contact ihe@cua.edu