

# shattering

# STIGMA

with stories

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## MENTAL HEALTH AND FAITH COMMUNITIES

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Saturday, May 16th | 2 pm - 8 pm | Montavilla United Methodist Church  
232 SE 80th Avenue | Portland, OR 97215  
Dinner Provided | Childcare available

***Join us for a powerful one-day conference to help shatter the isolating stigma of mental health challenges, especially within communities of faith.***

- **Hear** and share personal stories from those living with mental health challenges while navigating their faith.
- **Learn** and understand the diverse experiences of those with mental health challenges.
- **Connect** those experiences with our spirituality and faith communities.
- **Get equipped** with tangible support tools and resources to help us all walk alongside those who struggle with mental health challenges.

**\$25 Registration includes Coffee, Snacks & Dinner | Scholarships available upon request | For info contact Kris Moore, [interfaith@folktime.org](mailto:interfaith@folktime.org)**

**Hosted by Folktime and Montavilla United Methodist Church**

*The vision of the Shattering Stigma conference is to equip faith communities to be welcoming places of safety and sanctuary; to support faith communities to know where and what resources are available; to connect each of us more deeply with spiritual self; and to integrate spiritual and mental health.*