

EXTRA EXTRA – SPECIAL ALERT

READ ALL ABOUT IT

**A NEW PROJECT SUPPORTED BY THE LACDMH FAITH-BASED
ADVOCACY COUNCIL (FBAC)**

A WEEKEND OF WORSHIP – MAY 18, 19, 20, 2018

MAY IS MENTAL HEALTH MONTH

Dear FBAC Members and Constituents,

The Los Angeles County Department of Mental Health is launching a new spiritual project as a pilot County-wide effort inspired and supported by FBAC with a flyer announcing – PRACTICING GRATITUDE.

We are asking clergy from across faiths throughout our communities to include in their services, during this special weekend, sermons about the power of gratitude to improve health and mental health.

The flyer can be accessed and forwarded above as an attachment and/or an online link. Here is the link to the flyer: <http://bit.ly/LACDMH-Gratitude>.

It is an opportunity for congregations to participate in May is Mental Health Month, by joining in a national Weekend of Worship as part of Cities Thrive, which has a link for more information on our flyer.

Research has shown that practicing gratitude can have a significant impact on improving health and mental health. Please join in, distribute the flyer broadly, and report back to me the results of your participation.

Thank you for your partnership of mental health and spirituality. Let me know if you have any questions.

All the best,

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