



Emotional Sanctuaries: How Faith Communities Can Promote Mental Health (Keynote & Presentations)

Sunday February 4, 2:00 PM-4:00 PM (**FREE/OPEN TO THE PUBLIC**)

Waterloo Center for the Arts, 225 Commercial St, Waterloo

Keynote Speaker, Dr. Sharon Duclos (Peoples Community Health Clinic, Waterloo)

Keynote Address: "Mental Health Resources for Moderate-Severe Illness, Regardless of Income"



Presenters: Dr. Naomi McCormick, Dr. Rodney Dieser, & Rev. Emma Peterson

(Respectively—Retired Clinical Psychologist; Licensed Mental Health Counselor & Professor at UNI; Pastor at Cedar Valley Unitarian Universalists)



EVENT SCHEDULE (Moderated by Dr. Dave Kivett of Cedar Heights Community Pres. Church):

- 1:30—Visit display tables from local mental health resources and providers.
- 2:00—Welcome/introductory remarks, Dr. Kivett
- 2:05—Dr. McCormick: "Mental Health Benefits of Religion"
- 2:25—Keynote: Dr. Sharon Duclos, Co-Medical Director of Peoples Community Health Clinic
- 2:50—Break with refreshments & opportunity to visit exhibitors
- 3:10—Rev. Peterson: "How Pastors & Faith Communities Can Help"
- 3:30—Dr. Dieser: "Developing Self-care Plans to Increase Mental Well-being"
- 3:50—Closing remarks, Dr. Kivett

Please visit the CVIC Facebook page for more details and full bios of our presenters