

*Join us for the...*

# MENTAL HEALTH MATTERS FORUM

**THURSDAY, APRIL 25TH @ 7 P.M.**

Presented by Fresh Hope for Mental Health



**PACIFIC HILLS LUTHERAN CHURCH,  
1110 SOUTH 90TH STREET, OMAHA**

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Fresh Hope is an international organization empowering those affected by a mental health challenge and their loved ones with faith-filled hope through mental health support groups, hope coaching, and many more resources.

"Come and hear from those who are living with a mental health challenge and loved ones. You will learn coping strategies, that you are not alone in your journey, and of the true hope that can be found."

"You will have an opportunity to ask questions and to seek advice and practical suggestions for living with a mental health challenge, or living with someone who does.