



MONSIGNOR WILLIAM CARR, PASTOR, SAINT BRIDGET CHURCH, AND THE  
RESPECT LIFE COMMITTEE INVITE YOU TO A MORNING SEMINAR:

Faith,  
Hope,  
LIFE.

## MENTAL ILLNESS, DEPRESSION, OPIOID ABUSE AND SUICIDE – CATHOLIC PERSPECTIVES

SATURDAY, OCTOBER 21<sup>ST</sup>, 9:00 – 11:00 AM

All are invited to learn about anxiety, depression, drug abuse, and mental illness and their ravaging effects on both individuals and their families. Our speakers will offer insight into the severity of these challenges and their impact on life: physically, mentally, emotionally and spiritually. They will offer their thoughts on how to respond through our Catholic faith to help address these challenges.

8:45 **Coffee and Gather**

9:00 **Opening and Prayer**

9:05 ***Tending the Flock - Pastoral Care for the Challenged*** – Monsignor William Carr, pastor of St. Bridget Church, offers his perspectives on providing pastoral care to parishioners dealing with mental health challenges.

9:15 ***Loving Care for Depression and Anxiety*** – Sr. Kathleen Persson. Depression and anxiety are an epidemic in the United States, affecting both adults and children. The National Institute of Mental Health estimates 15 million people aged 15 to 44 are living with depression. Many elderly persons also struggle with depression in their senior years. Sr. Kathleen offers her perspectives as a counselor for these challenges over the past 30 years.

9:55 **Short Break**

10:00 ***Opioids, Depression, and Suicide – An Epidemic in the Extremes*** – August Wallmeyer. Based on two years of research into Virginia's Extremes – the Southwest, Southside, and Eastern Shore – Mr. Wallmeyer will present a portrait of Virginia largely unknown to most Virginia residents. Augie will provide insight into the severe challenges of opioid addiction and its impact in these remote parts and all of Virginia, and his ideas on what Virginia should do.

10:25 ***Caring for Your Family's Mental Wellness*** – Grace Gallagher. One out of four teens suffers from a mental illness. Eighty percent can be treated effectively, yet only 33% seek help. Mental illness does not discriminate, it is not a choice, and it is rampant among teenagers. Grace Gallagher, Executive Director of the Cameron K. Gallagher Foundation, will discuss this dramatic challenge that faces our youth and their families. She will share practical solutions to help care for a family's mental health.

10:45 **Open Discussion** – Planned time for discussion and questions for the speakers.

11:00 **Closing Prayer for Life and Blessing**

### Meeting Specifics

Saint Bridget Catholic Church in the Commons  
October 21, 2017; 9:00 - 11:00 am  
For more information, please call Vicki  
Gazzola at 282-9511 or email  
Vicki@saintbridgetchurch.org.

### An Invitation

You are also invited to attend Mass which  
begins at 8:00 am in the sanctuary,  
immediately followed by the Rosary at 8:30.

# MENTAL ILLNESS, DEPRESSION, OPIOID ABUSE AND SUICIDE – CATHOLIC PERSPECTIVES



## OUR SPEAKERS

**Monsignor William H. Carr, Pastor, St. Bridget Church.** Monsignor Carr, a priest of 48 years, has lived a life of pastoral ministry in many parishes in the Richmond Diocese. He lives a life dedicated to leading parishioners in his care to a deeper relationship with Jesus Christ and lives dedicated to God. Monsignor Carr has been a vocal supporter for all life, including the unborn, the sick and the poor, and the aged and dying.

**Sister Kathleen L. Persson, OSB, LCSW** - Sister Kathy is a licensed clinical social worker who has been working with persons suffering with mental illness, including anxiety and depression, since 1987. As a Benedictine Sister of Virginia, she brings her Catholic faith and beliefs to bear in her assistance to those in her care.

**Grace Gallagher** – Grace is the Executive Director of the Cameron K. Gallagher Foundation and a mother of 5 children. Her passion to end the stigma associated with teenage mental illness can be felt when she speaks. She has a commitment to life with purpose, and a mission inspired by her daughter, Cameron, the founder of the SpeakUp5k. The CKG Foundation is a beacon of hope for those who are affected by teenage mental illness. By offering free mental health programming and nationwide SpeakUp5k races, teens are encouraged to SpeakUp, proactively take care of their mental health, and seek help when they need it.

**August Wallmeyer** – A former radio and television news reporter, government speechwriter and energy lobbyist, Augie has over 40 years of involvement with the Virginia General Assembly. He has developed unique and insightful perspectives on public policy issues in Virginia, most recently through his book entitled *The Extremes of Virginia*. His research and writing has brought out into the open the severe challenges of opioid abuse, economic depression, and poor health in three ‘rural, poor and largely unknown’ areas of Virginia: Southwest, Southside and the Eastern Shore.

### Mission of the Saint Bridget Respect Life Ministry

The mission of the Saint Bridget Respect Life Ministry is to promote a broader and deeper commitment within our parish for the respect for human life from conception to death, based on the teachings of the Catholic Church. Our goals are to educate and inform our parishioners on all aspects of the sanctity of life, and to coordinate opportunities for parishioners, both youth and adult, to participate in respect life initiatives within the parish and in the community. Our mission, actions, and information are grounded in the tenets of the Catholic Church, for “from the first moment of his existence, a human being must be recognized as having the rights of a person – among which is the inviolable right of every innocent being to life.” CCC 2270.

For more information, contact Mike Kozak at [CKoz564@aol.com](mailto:CKoz564@aol.com).