

## HOW YOU ARE WIRED MATTERS - NEW ZOOM SERIES

Starts Wednesday January 6th



For many of us 2020 has been most challenging. With the pandemic and a host of other troubling issues bombarding us on a daily basis, our mental health has been taxed. To help us better understand and thus cope with some of the mental health challenges we are facing, CLC is hosting How You Are Wired Matters , a six-week series.

This virtual series will be held via Zoom at 6:30 pm on Wednesday nights beginning on January 6 . After setting a Biblical and psychological foundation, the weekly sessions will explore a broad range of mental health topics such as depression, anxiety, suicide, Attention Deficit Hyperactivity Disorder (ADHD) and substance abuse. The goal of the series is to provide a better understanding of these and others mental health subjects. Paul Shoup, a retired Pastoral Counselor with Lutheran Counseling Network is the series leader. He has over 40 years of experience in counseling and focused on these topics throughout his career.

To participate in the series either call Camano Lutheran Church at 360-629-4592 or send an email – [camanoclc@wavecable.com](mailto:camanoclc@wavecable.com) to sign-up. You will then receive a zoom invitation by email. We hope this series will be a part of your healthy start to the New Year.

