



### **Nurture and Care Workshop**

**Thursday, May 29<sup>th</sup> 5:30 to 7:30p.m.**

**Fairview Moravian Church-Fellowship Hall**

**Fee \$10.00**

**Katherine Judd, LCMHC**

**Because Anxiety, Crisis and Grief can affect us all.**

### **Workshop for Anxiety, Crisis and Grief**

Anxiety, Crisis and Grief workshop with vital information you can use yourself or help a friend or family member. Katherine Judd, LCMHC , a licensed Christian counselor will lead this workshop on **Thursday, May 29 from 5:30-7:30pm in the fellowship hall.**

Open to all of our members and our community.

Our **workshop** leader has experience working as a mental health counselor. She enjoys working with children (ages 10+), adolescents, and adults who want help with depression, relationship and boundary issues, life changes, stress, and self-harm. Katherine is especially skilled at working with clients who are struggling with anxiety and Obsessive-Compulsive Disorder (OCD). In addition to therapy, she is passionate about mental health advocacy and education.

**Registration is required** with a \$10 reservation fee.

Please contact Pastor Tony for additional information.

More information: 336-768-5629 or [tony@fairviewmoravianchurch.org](mailto:tony@fairviewmoravianchurch.org)