

Mental Health and Spirituality Workshop



Friday January 2nd 2009
10am-12pm
at
Maldon and District CVS
The Square
Holloway Road
Heybridge
Essex
CM9 4ER

Call
01621
851891
for more
info or to
book a place

A **FREE** workshop to explore what spirituality means to you and to others and how mental health and spirituality are inextricably linked

With Inter-Faith minister Rev. Peter Findlay

Rev Peter Findlay is a performance story teller, interfaith minister, spiritual counsellor and carer for people with special needs. His training with the Inter-faith Seminary took an experiential journey through the worlds major religions, the creation of rites of passage (weddings, funerals etc.) and spiritual counselling.

In his work as an oral storyteller Peter tells, listens and helps people to create their own stories, his experience with mental health is through caring for people on the autistic spectrum and his own personal experience of a decade of depression.

It is his firm belief that it is the spiritual journey that has made him happier, stronger, healthier, cheekier and helped him play a fuller part in the world!

Hosted by Maldon and District CVS, The Square, Holloway Road, Heybridge, Essex, CM9 4ER.

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