

Athens Church of Christ
Mental Health Workshop Agenda
January 12, 2019

- 9:00 - 9:18 am Coffee, Snacks and Fellowship
- 9:18 - 10:30 am **Welcome & Introductions** - Alan Bohnhoff, LAPC [Auditorium]
Keynote - “Dealing with Mental Health Issues as a Congregation: What the Church can do Better”
- Michael & Mary Shapiro, Ph.D.
- 10:30 - 10:45 am BREAK
- 10:45 - 11:30 am Breakout Sessions:
- 1 Mood & Anxiety Disorders** [Auditorium]
- Don Burroughs, LPC (Core Counseling and Coaching, LLC)
- 2 Substance Abuse** [Toddler CR]
- Chris Mayo, LCSW (Georgia Center for OCD and Anxiety)
- 3 Marriage & Relationship Issues** [1st/2nd Gr CR]
- Alan Bohnhoff, LAPC, NCC (Bethel Haven, Inc. and Formation Counseling Services, Inc.)
- 4 Healing Grief** [Shine SR]
- Charissa Bright, LMSW (Compassionate Care Hospice)
- 5 How to Take Care of Yourself & When to Seek Professional Help** [Kindergarten CR]
- Erika Heinzle, MS, LPC (Private Practice)
- Angie Ruhlen, MFCS, RDN, LD (Registered Dietitian)
- 11:30 - 11:45 am BREAK
- 11:45 - 12:30 pm **Panel - Answering Attendee Questions** [Auditorium]
Wrap-up & Charge - Alan Bohnhoff, LAPC, NCC