

PALS: PATHWAYS ALONG LONELINESS & SOLITUDE

FACILITATORS:



Mary Kay DuChene, MA
LeaderWise Co-Director



Mark Sundby, MDiv, PhD, LP
LeaderWise Co-Director
Staff Psychologist

Join us for four sessions digging deeper into this world of loneliness. With the help of Mary Kay DuChene and Mark Sundby from LeaderWise, we will spend time learning about loneliness for people in general, as well as people in ministry, and specific strategies individuals, congregations, and denominations can pursue to counter the epidemic of loneliness.

**9:00-10:30AM ON ZOOM
SATURDAYS:**

The contours of loneliness

OCTOBER 28

Personal strategies we can use to deal with these feelings

NOVEMBER 11

Time with each other focused on the learnings from previous sessions

NOVEMBER 25

Ways the congregation and diocese can help put strategies in place for us all

DECEMBER 9

**REGISTER
HERE:**



You must register to receive the Zoom link.

Sponsored by: the Episcopal Diocese of Iowa
Small Church Network & Behavioral Health
Ministry Team