

# JOIN



## Locust United Methodist Church

and

TALKITOUT

**Where: Virtually**

**Time: 9:30am - 10:30am**

**Cost: Free**

*Seeking to talk about your difficulties, gain support, learn new coping skills, and experience the healing power of sharing feelings and thoughts? Come join TALK IT OUT group sessions, an interactive conversation led by a mental health professional who cares.*

**FOR: Adults :** Ages 26-45 | 1 hour sessions, 6 Weeks | Starts October 1, 2022

**Registrants?** Scan the QR code or go to <http://www.locustumc.org/TalkItOut> to complete registration and sign the Consent and Liability Waiver Form.



QR Code

**Questions should be directed to Emily Fowler at** [tlkitoutinfo@gmail.com](mailto:tlkitoutinfo@gmail.com)



**Deadline for Registration:  
September 28th**

*"Partnering with faith leaders to support the mental health and wellbeing of our community."*

### TALK IT OUT Founder and Facilitator

Emily Fowler is a mental health professional with a Master's Degree in Clinical Mental Health Counseling. She facilitates sessions and ensures that each individual feels seen, heard, and understood. The Facilitator will maintain a professional relationship with the participants at all times.

