



MENTAL HEALTH (ADDRESSING LONELINESS)

EPYMN Track Leader: Kristie Cossel, Church of St. Clement

Ministry/Organizational Partner(s): Living Hope Christian Counseling Services

Track Participation: At least 10, no more than 30

TRACK DESCRIPTION

What is the Issue:

We have a world full of lonely people. In scripture we are told of a Creator, who divinely inspired creation; and in spite of its goodness- The Lord recognized it was not good for man to be alone. This problem has existed before sin entered the world and is still here. We are called the body of Christ, and yet, with the rise of social media, we continue to see loneliness persist. We need to improve our communication skills if we are going to increase community and connection.

What's being done about it:

Many people serve in listening and caring roles spiritually, professionally, and personally. And while there are many serving, many more are needed. Each one of us benefit from an ear, and a heart that cares. Each one of us has the opportunity to connect and console with those in their local community.

What will they do during IYW?

The Training time for this Track will be led by Robert Hart, LPC-S (License Professional Counselor - Supervisor) and Mark Cossel, LPC. They will primarily focus on developing and practicing skills for better listening and understanding. The Outreach will consist of group practice with fellow Track members.