

  
 **FAC SOUL CARE RESOURCES**

Soul Custody — Caring for the one and only you.

Wednesday afternoons, 1:00-3:00 pm

Sept. 14-Oct. 5 & Nov. 16-Dec. 7

Soul Care — Let our Soul Care Companions help you develop a plan to walk through life's daily challenges and struggles in a way that works best for you.

Unstuck — Move beyond the things that leave you "stuck" in life, into a path of healthy soul care with God at the centre.

Monday evenings, 6:30-8:30pm

*Register online at: [faccalgary.com/events](http://faccalgary.com/events)*

*For more information, contact Anne Freeman: [afreeman@faccalgary.com](mailto:afreeman@faccalgary.com)*



  
 **DEPRESSION RESOURCES**

### Calgary Community Resources

Access Mental Health Calgary —

[mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca)

403-943-1500 ext. 1 (Child & Adolescent Services)

403-943-1500 ext. 2 (Adult & Senior Services)

Family Community Resource Centres — <http://www.frfp.ca/>

Primary Care Network — <https://cfpcn.ca/about-us>

### Recommended Book Resources

“Unmasking Male Depression” (Archibald D. Hart)

“Unveiling Depression in Women” (Archibald D. Hart)

“Looking Up from the Stubborn Darkness” (E.T. Welch)

