



A Mental Health Seminar

that Encourages and Educates to Lighten our Burden

Saturday, Oct. 20, 2018

8:30 AM – 2:00 PM

**Chinese Christian Church
of Thousand Oaks**

218 W. Janss Road, Thousand Oaks, CA 91360

KEYNOTE SPEAKER

Dr. David Wang



Dr. David Wang is Associate Professor of Psychology at the Rosemead School of Psychology, Biola University in La Mirada, CA and Editor of the *Journal of Psychology and Theology*. He is also Pastor of Spiritual Formation at One Life City Church.

2

plenary
sessions

8

professional
speakers

10

practical
workshops

Seminar Topics Include: Mental Health and Faith; How To Stay Mentally Healthy; Removing the Stigma of Mental Illness; Depression and Suicide; Useful Mental Health Resources; Helping Others With Mental Illness; Different Types and Symptoms of Mental Illnesses; Mental Health Across Cultures; Finding Support Groups, and more!

A Community Event

\$20 early bird (by 9/30) \$30 regular (by 10/15)

Lunch included in registration fee

For more details and registration:

english.cccto.org/mental-health

Jesus said: "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." ~ John 8:12



A Mental Health Seminar

that Encourages and Educates to Lighten our Burden

Saturday, Oct. 20, 2018

8:30 AM – 2:00 PM

**Chinese Christian Church
of Thousand Oaks**

218 W. Janss Road, Thousand Oaks, CA 91360

KEYNOTE SPEAKER

Dr. David Wang



Dr. David Wang is Associate Professor of Psychology at the Rosemead School of Psychology, Biola University in La Mirada, CA and Editor of the *Journal of Psychology and Theology*. He is also Pastor of Spiritual Formation at One Life City Church.

2

plenary
sessions

8

professional
speakers

10

practical
workshops

Seminar Topics Include: Mental Health and Faith; How To Stay Mentally Healthy; Removing the Stigma of Mental Illness; Depression and Suicide; Useful Mental Health Resources; Helping Others With Mental Illness; Different Types and Symptoms of Mental Illnesses; Mental Health Across Cultures; Finding Support Groups, and more!

A Community Event

\$20 early bird (by 9/30) \$30 regular (by 10/15)

Lunch included in registration fee

For more details and registration:

english.cccto.org/mental-health

Jesus said: "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." ~ John 8:12