SACRED HEART ROMAN CATHOLIC PARISH
"Being the living example of God's love to others"
ESTABLISHED 1877

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Faith and Wellness – A Mental Health Ministry

As we move forward with the planning of our Faith and Wellness Mental Health Ministry, we invite you to take a few moments to complete this survey.

Your feedback is important to us and will help us better understand the interests and needs of our parish community. Whether you are interested in participating, learning more or just want to support this ministry, please provide us with your input.

This survey is simply to help us understand whether there is interest and what topics would be most helpful. No personal information or mental health history is being requested.

Thank you for taking the time to complete this survey. Together we can send a message that no one has to walk life's challenges alone.

We are here for you!

1. **Would you be interested in participating in a parish Faith and Wellness**
    - ☐ Yes
    - ☐ Maybe
    - ☐ No
2. **Which topics would interest you?** *(Select all that apply.)*
    - ☐ Managing stress and anxiety
    - ☐ Coping with life changes
    - ☐ Grief and loss
    - ☐ Healthy relationships and communication
    - ☐ Marriage and family relationships
    - ☐ Parenting and family well-being
    - ☐ Self-care and healthy boundaries
    - ☐ Finding peace and balance in everyday life
    - ☐ Supporting a loved one who is struggling
    - ☐ Faith, prayer, and emotional well-being
    - ☐ Other: _____

3. **How would you prefer the group to meet?**
    - ☐ Once a month
    - ☐ Twice a month
    - ☐ Weekly
    - ☐ Occasional workshops/special presentations
    - ☐ Not sure

4. **What day/time would work best for you?**
    - ☐ Weekday morning
    - ☐ Weekday afternoon
    - ☐ Weekday evening
    - ☐ Saturday morning
    - ☐ Saturday afternoon
    - ☐ Sunday afternoon/evening
    - ☐ Other: _____
5. **What would make you feel comfortable participating in a ministry like this?** *Select all that apply.*
    - ☐ A welcoming, confidential environment
    - ☐ A faith-based approach
    - ☐ Led by a qualified professional
    - ☐ Small group setting
    - ☐ Educational presentations
    - ☐ Discussion and sharing
    - ☐ Practical tools and resources
    - ☐ I would prefer attending occasional workshops rather than a regular group.
6. **Would you prefer the group to be:**
    - ☐ Primarily faith-based
    - ☐ Primarily focused on wellness/mental health
    - ☐ A combination of faith and wellness/mental health
    - ☐ No preference
7. **What would you hope to gain from a ministry like this?**

    _____
8. **Any other suggestions or topics you would like us to consider?**

_____

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Optional: If you would like to be contacted when more information is available, please provide your name/email:

_____

PLEASE RETURN SURVEY TO THE PARISH OFFICE