

Hope & STRENGTH

A Christian Mental Health Seminar

Finding Hope. Understanding Suffering.
Caring for One Another.

SATURDAY • NOVEMBER 28, 2026 | 8:50 AM – 4:30 PM
SOUTHDALE BIBLE CHAPEL, LONDON, ONTARIO
Lunch and Refreshments Provided

About the Seminar

Join us for a day of hope, understanding, and practical encouragement as we explore mental health through a Christian perspective. Learn from Christian medical professionals and psychotherapists through engaging presentations, panel discussions, breakout groups, and Q&A.

Location

Southdale Bible Chapel
1214 Southdale Rd E.,
London, Ontario, N6E 1B4

Focus

Integrating physical, mental, and spiritual health
..through a Biblical lens

REGISTRATION

southdale.church/register-hope

Registration helps us plan lunch & refreshments.

Schedule of Events

08:50–09:00	**Welcome, Introductions & Prayer**
09:00–09:45	**Session 1: Integrated Health Framework**
09:55–10:40	**Session 2: Biblical Perspective**
11:00–12:00	**Panel Discussion**
12:00–12:45	**Lunch Break (provided)**
12:45–01:45	**Breakout Groups**
02:00–03:00	**Session 3: Resources for the Suffering Christian**
03:15–04:15	**Afternoon Panel Discussion & Q&A**
04:15–04:30	**Closing Remarks & Prayer**

BREAKOUT TOPICS

Psychotherapy • Parenting • Substance Abuse

FAITH • COMMUNITY • SUPPORT • HOPE

A safe, supportive and confidential environment for learning, discussion and spiritual encouragement.

The LORD is near to those who have a broken heart, And saves such as have a contrite spirit. (Psalm 34:18)