DID YOU KNOW?

Saint Louis Counseling hosts a podcast, Mental Health Matters, that features experts and everyday people discussing mental health issues and working to break down associated stigma. You can listen to past episodes at saintlouiscounseling.org/category/mental-health-matters, or search for it on your favorite podcast app.

UPCOMING INFORMATIONAL EVENTS

Infant Adoption Informational Meeting Sept. 30: Considering private adoption? Meetings offered the last Monday of every month, 6-7 pm. Good Shepherd Children & Family Services, 1340 Partridge Ave., St. Louis 63130. Learn more and RSVP, Melyssa Frederick, 314.854.5711, mfrederick@ccstl.org.

St. Patrick Center Open House Sept. 26: Learn how this agency helps people attain housing, find employment, address mental health and substance use disorders, and more. Also learn how to respond to panhandlers and how you can support the mission to empower those who are homeless or at risk. 2-4:30 pm. St. Patrick Center, 800 N. Tucker Blvd. St. Louis 63101

The Conversation: A Catholic Perspective on End-of-Life Issues Oct. 12: Free seminar. Topics include principles of Catholic bioethics; advance directives & estate planning; charitable legacy planning; Catholic funeral & cemetery planning. Hosted by Catholic Charities and Roman Catholic Foundation of Eastern Missouri. Lunch provided. There will be no solicitation at the event. RSVP at rcfstl.org/the-conversation or call 314.918.2892. 9am-1pm. Our Lady of Life Apartments, 7655 Watson Rd, St Louis 63119

OPPORTUNITIES TO HELP

Children and young adults living at Marygrove need more than 100 bottles of shampoo and conditioner each month! New bottles can be dropped off at Marygrove, 2705 Mullanphy Lane, Florissant, MO 63031, weekdays 8 am to 4:30 pm.

Want to learn more? Follow us on social media, visit ccstl.org, or contact your Catholic Charities Parish Ambassadors.