

UCS News Release

For Immediate Release:
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UCS and NAMI Sponsor Forum on Spiritual Aspects of Mental Health

Bennington and Manchester, Vt. — United Counseling Service and the National Alliance on Mental Illness are co-sponsoring “Spiritual Aspects of Mental Health,” a discussion forum that brings together perspectives on good mental health and spiritual living.

The discussion forum is free and open to the public on Tuesday, September 15 at 7 p.m. at St. Peter’s Church at 200 Pleasant Street in Bennington. Refreshments will be served.

NAMI representative Clare Munat will introduce a panel group including Mother Anita Schell-Lambert, rector of St. Peters; Diana Soto, who will talk about how spirituality helps her work as a therapist at UCS; and Rabbis Joshua and Vanessa Boettiger, of Congregation Beth El in Bennington.

Participants will be invited to ask questions and contribute to the free-flowing discussion from their own experience.

UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support that changes lives. Visit www.ucsvt.org to find out more.

NAMI, the nation’s most formidable grassroots mental health advocacy organization, is dedicated to improving the lives of individuals and families affected by mental illness. Visit www.nami.org on the web.

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