



SPIRITUAL PRACTICES TO CALM YOUR SOUL

Come and learn a few spiritual practices that will help bring calm and peace to your spirit, soul, and body.

The program is sponsored by the Independence Faith Community to support the IndyAlive! initiative to provide mental health support to the community.

Practices that will be introduced include breath prayer, Ignatian Spiritual Examen, and Lectio Divina. Each practice will be introduced and then followed by personal experience of practice.

THURSDAY, MAY 1, 2025

7:00 P.M.

Cornerstone of Hope
5905 Brecksville Road
Independence, Ohio 44131

Cost: Free, but registration is required.



Register online by scanning the code, visiting cleveland.cornerstoneofhope.org, or calling 216-524-4673.

INDYAlive! Top Four Concerns

Last year a Community Perception Survey was given to residents of all ages to gather feedback on the issues impacting on our community. Mental health awareness was the number one area for both youth and adults.

Youth (502 Responses)

53.71%	Mental Health
42.48%	Social Media
39.68%	Education
37.68%	Diversity Awareness & Acceptance

Adult (158 Responses)

50.63%	Mental Health
48.10%	Social Media
36.08%	Education
32.28%	Diversity Awareness & Acceptance

Based on the survey, INDYAlive! has identified strategies to care for, support, and inspire our whole community through every stage of life when it comes to mental health.

INDYAlive!



**Cornerstone
of Hope**

CREATING A WORLD WHERE NO GRIEVING PERSON JOURNEYS ALONE.

5905 Brecksville Road, Independence, OH 44131 | 216-524-4673 | cornerstoneofhope.org