



May

Understanding Mental Health

Join us for an informative session to learn about common mental health challenges, how to seek support when needed and practical tools for managing stress, maintaining emotional balance and strengthening support networks.

DATE: 05.13.26

TIME: 11:30 AM

LOCATION: Portage Commons

ADDRESS: 133 N. Williams St., South Bend, IN 46601

Space is limited, reserve your spot today by calling (574) 284-7189 to register.

Register for lunch by 12 PM: 05.11.26



Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.



Neil Gilbert

Licensed Clinical
Social Worker

Neil Gilbert has been practicing psychotherapy for over thirty years. He uses an integrated approach to mind-body-spirit healing that blends psycho-spiritual counseling with balancing and clearing one's energy centers. He has a Masters Degree in Counseling Psychology as well as Social Work. He also leads a regular meditation group at his synagogue.