



The Mental Health Ministry of  
St. Michael's Parish

Presents

## Modern Sources of Anxiety and God's Truth as a Remedy

Wednesday, April 18, 2018, from 7:00 p.m. to 8:30 p.m.

St. Michael's Parish - Galaxy Room in the Holy Family Center  
15546 Pomerado Road, Poway, 92064

- ❖ The sources of Anxiety For Catholics in a secular world
- ❖ The sources of Anxiety from a Medical Perspective
- ❖ Modern Treatments for Anxiety
- ❖ When Medication should be considered
- ❖ How Christ and our Faith remains central to any Solution

Presented by:

Dr. John Burger, parishioner and psychiatrist,  
serves at the Naval Medical Center in San Diego, California.

For more information contact [stmikes@smpoway.org](mailto:stmikes@smpoway.org)