



**Soup
for the
Soul**

2025 Lenten Speakers Focus on Mental Health

Scan for Supper Sign-Ups



Wednesday Evenings during Lent
Soup Supper served at 5:45 - Program begins at 6:30

Sign-up for supper is appreciated but not required
Childcare will be provided during the program

March 5

Imposition of Ashes Service

Menu: Harira, Chicken Tortellini, Chicken & Rice Soup, Cheese Quesadilla upon request, Green Salad, Bread, Cookies

March 12

William Carter - Anxiety and Stress

Anxiety and Stress are natural responses to perceived challenges or threats with stress being a reaction to external pressures and anxiety involving persistent worry or fear about potential outcomes. Through interactive activities, mindfulness exercises, and practical tools, attendees will build skills to manage stress and cultivate emotional resilience. William Carter from Mindfulness Colorado will ensure that participants leave empowered with actionable techniques to take control of their anxiety improving overall mental well-being.

Menu: Pasta Fagioli, Potato Soup, Chicken & Rice Soup, Cheese Quesadilla upon request, Veggie Tray, Rolls, Shortbread

March 19

Stacey Atkins - Abundant Health

As United Methodists, we are committed to creating abundant health for all – a global connection striving for mental, physical and spiritual well-being. Lifesaving health ministries are enriching the lives of people around the world. You are invited to join us as we seek ways to inspire and fully live our lives as God intended. Stacey is a certified spiritual director, spiritual counselor and coach, as well as a deaconess in The United Methodist Church.

Menu: Arnie's Green Chili, Red Chili, White Chili, Chicken & Rice Soup, Cheese Quesadilla upon request, Corn Bread, Fritos, Ice Cream, Cookies

March 26

Bryce and Shannon Harman - Self-Care

Issues of mental health for ourselves and those close to us can be a heavy subject. Let's take a break midway through our series to practice some positive ways for living and coping with stress and mental health concerns. Bryce and Shannon Harman, certified yoga instructors, will lead us through a variety of techniques, including art, music, yoga, tai chi, meditation and mindfulness.

Menu: Hot Sausage, Sweet Potato Soup, Chicken & Rice Soup, Cheese Quesadilla upon request, Fruit Compote, French Bread, Cookies

April 2

Kelli Reinhardt - Make Mental Health Matter

Kelli Melissa Reinhardt, the founder of Make Mental Health Matter, tragically lost her middle sister Carrie to suicide on February 20, 2017. Determined to make a difference, Kelli initially focused on suicide prevention but soon realized the importance of addressing mental health challenges as the root cause of many suicides. After being introduced to Mental Health First Aid, she gained valuable tools, certifications, and a deeper understanding of mental health, the brain, and the factors that contribute to suicide. This education led her to shift her focus to mental health, believing that by tackling these underlying issues, lives could truly be saved. She is dedicated to spreading knowledge, as education saves lives and equips people to better help themselves and others. You may also sign up for the Mental Health First Aid Class to be held April 26, beginning at 9:00 am.

Menu: Cheeseburger Soup, Chicken & Mushroom Soup, Chicken & Rice Soup, Cheese Quesadilla upon request, Spinach Salad, Texas Sheet Cake

April 9

Centus Counseling Center - Psychological Trauma

Psychological trauma is defined as an emotional response to a distressing event that disrupts one's sense of security. However, anything that leaves one feeling overwhelmed or isolated can result in trauma. Aubree Brewer, MSW, SWC and Blair Buckley, MSW, SWC, M.Div. from Centus Counseling Center will discuss types and symptoms of trauma, as well as effective treatments and coping strategies.

Menu: Lentil, Beef Barley, Leftover Soup, Chicken & Rice Soup, Cheese Quesadilla upon request, Fruit Compote, French Bread, Cookies

Hope United Methodist Church - 5101 South Dayton Street - Greenwood Village
for more information, go to: hopechangeslives.org - Events and Information page