



BREAKING THE *silence*

MENTAL HEALTH FESTIVAL



ST. JAMES
UNITED METHODIST CHURCH

Breaking the Silence – Mental Health Festival

Community Partner Invitation & Information Packet

Event Date: Saturday, September 19th, 2026

Event Time: 8:30AM – 1:00PM

Location: St. James United Methodist Church
2000 E 6th St, Greenville, NC 27834

St. James United Methodist Church invites your organization to participate in our inaugural ***Breaking the Silence*** Mental Health Festival. This event is being created with the goal to connect individuals and families in the community with mental health resources, education, support, and hope. Our intention is to provide a welcoming environment where community members can learn about available services, engage in meaningful conversations, participate in educational workshops, and discover resources that can support their mental, emotional, and spiritual well-being.

We believe that no one should have to face life's challenges alone, and that strong communities are built when we all – organizations, professionals, ministries, and community members – work together. Because of this belief, participating in any way in this event is free, whether hosting a booth or a workshop. We are striving to remove as many barriers to participation as possible, which is why there is no cost for organizations to participate, and no admission fee for attendees.

The Mental Health Festival seeks to accomplish the following:

- Increase awareness of available mental health resources
- Reduce stigma surrounding mental health challenges
- Connect individuals & families with local providers and support organizations
- Promote health coping skills & wellness practices
- Provide educational opportunities through workshops and presentations
- Encourage community engagement and collaboration
- Offer hope & support to those experiencing mental health challenges

This event is open to **everyone**.

We welcome individuals and families of all ages, faiths, races, ethnicities, sexual orientations, gender identities, abilities, and life experiences. Our goal is to create a safe, supportive, and respectful environment where community members can access resources, ask questions, learn, and connect with others.

Participation in the Festival

Community Resource Booths

Organizations are invited to host informational booths where attendees can

- Learn about available services
- Receive educational materials
- Ask questions
- Connect with community resources
- Discover support programs

St. James UMC will provide one table, and two chairs for each booth. There will be space for any signage that the organization wishes to use at their booth.

Educational Workshops

We are seeking professionals, organizations, and community leaders interested in presenting workshops during the event.

Workshop sessions must be approximately 30-45 minutes in length, unless otherwise requested and approved by the event coordinator.

Examples of workshop topics include:

- Anxiety & stress management
 - Depression awareness
 - Suicide prevention
 - Faith and mental health
 - Trauma and recovery
 - Grief and loss
 - Supporting loved ones with mental illness
 - Community support resources
 - Youth Mental Health
 - Caregiver wellness
 - Self-care and resilience
- Additional topics are welcome!

St. James UMC will provide classrooms for the workshops, along with seating. Basic AV (Audio / video) equipment may be provided in the form of a simple TV display, and power connectivity. In an effort to maintain low costs, additional equipment may not be available.

Event Activities

Throughout the festival, event attendees will have access to

- Community Resource booths
- Educational Workshops
- Family Friendly outdoor activities
- Wellness activities (yoga, Zumba, and others)
- Art activities
- Prayer opportunities
- Community Fellowship
- Food (this will be the only thing sold during the event)

Partner Expectations

In an effort to ensure a positive experience for all attendees, participating organizations agree to the following:

- Maintain a welcoming and respectful environment
- Provide accurate and ethical information to all who visit the organization's booth & workshops
- Treat all attendees with dignity and respect
- Focus on education, support, and resource sharing
- Refrain from political campaigning or partisan advocacy
- Support the event's mission of hope, healing, connection, and community

*Please note – participation is subject to approval based on available space and alignment with the goals of the event.

Registration

Organizations interested in participating should complete the [online registration form](#). A member of our planning team will follow up with additional information, logistics, and event details.

About St. James United Methodist Church

St. James United Methodist Church is an open & affirming congregation committed to welcoming and serving all people. We believe that every person is a beloved child of God, and deserves to be treated with dignity, compassion, and respect. Conversations about mental health belong not only in clinics and counseling offices, but also in our homes, communities, and places of worship. We strive to create a space where people of all backgrounds, identities, abilities, and life experiences can find belonging, support, and hope.

This event reflects our commitment to serving our neighbors and connecting people with resources that can improve their quality of life.

Why We Are Doing This – From our Event Coordinator

At St. James United Methodist Church, we recognize that mental health affects every family, community, and stage of life. Many of us have experienced anxiety, depression, trauma, grief, or the loss of someone we love. Yet, these topics are often difficult to discuss openly, especially within faith communities.

“Breaking the Silence” was created from a belief that no one should have to face these struggles alone. Many feel as if they are alone in their battles. I know that feeling personally and have experienced the loss of others in my life who have lost their battles. I recently heard someone say, *“Mental Health is Suicide Prevention”* and that idea has stayed with me. Which is why I have pushed for this event to happen during the month of September – to create a space where people can find resources, encouragement, connection, hope, and love.

We believe that when the community works together, lives can be changed.

Thank you for considering partnering with St. James United Methodist Church as we work together to bring hope, healing, connection, and community to Greenville and the surrounding areas.

~ Jared Lopez

Breaking the Silence Event Coordinator

St. James UMC Technology Coordinator

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