

Spiritual Health Awareness Week



October 19th – October 23rd

COVID-19 has affected all of us in many ways. The theme for **Spiritual Health Awareness Week (SHAW)**:

Nurturing Spiritual Health and Resilience amidst a Pandemic

As part of our search for **peace, comfort, hope, meaning and purpose**,
Spiritual Health Services will send a **daily email with resources** –

Something to watch ... Something to do ... Something to read ...

Daily sub-themes will explore ways for nurturing **spiritual health** and **resilience**
through engagement with:

Whole Person Health
Connections and Relationships
Culture and Community
Mindfulness and Compassion
Faith

Each day's content will be posted on the **Interfaith Health Care Association of Manitoba**
– **SHAW (Week)** website (<https://ihcam.ca/main.php?p=68>) where you will find more
great resources related to facilitating psychological, emotional and spiritual health.

