



mindfit

A free event coming

Beginning July 24, 2025

A Crisis Racking Our Continent

Millions are struggling with their mental health. Join Pastor Alex Rodriguez as he explores the roots of mental illness and stigma. . . and the modern treatments bringing HOPE to many who suffer.

Opening Session			
 <p>Beyond the Asylum</p>	 <p>The Prowling Lion</p>	 <p>Not Your Grandpa's Electroshock Therapy</p>	 <p>Binding Up the Broken-Hearted</p>
<p>Thursday July 24, 2025, 6:30 PM</p> <p>The creepy asylum haunts our imagination, casting a long shadow over mental illness and those who suffer from it. So what happens if we turn on the lights?</p>	<p>Anxiety. Depression. Trauma. They wreak havoc on the mind, and millions battle them every single day. We take an inside look at people's fight to survive—and thrive.</p> <p>Thursday, July 31, at 6:30 PM</p>	<p>Mental health treatments have some truly hair-raising histories. Learn how crude past practices evolved into today's robust psychiatric care and exciting cutting-edge treatments.</p> <p>Thursday, August 7, at 6:30 PM</p>	<p>More and more people are successfully combining biblical principles with clinical therapies. Could there be a vital link between spirituality and mental health?</p> <p>Thursday, August 14, at 6:30 PM</p>
<p>Cambridge Public Library, Great Northern Room 111 Dellwood St. North, Cambridge, MN 55008 Free Admission Free Study Guides</p>			