

The Common Thread...

rest for the soul, tools for the work



We are proud to offer a Clergy Support Group to encourage interfaith peer-to-peer interaction and support. While the design of this group is for members of the clergy to connect and help each other, every session is facilitated by a therapist who will prompt and encourage conversation, and assess individuals who may benefit from more intensive services.

This is an open group format, allowing anyone to join at any time. To join the group, simply scan this code.



Available at no cost thanks to the Steward Family Foundation.

Groups are open and supportive in nature; confidentiality and basic ethical therapeutic practices will be followed.

Please send questions to info@providentstl.org or call our Information and First Appointment line at 314-533-8200 for more information.

- Clergy Support Groups are virtual and meet from 3-4 pm on Mondays
- Meeting dates:
 - November 17, 2025
Session 1: What is "The Common Thread" ?
 - December 15, 2025
Session 2: Burnout Prevention
 - January 12, 2026
Session 3: The Gift to Yourself: Seeking Help
 - February 9, 2026
Session 4: Conflict & Congregations
 - March 9, 2026
Session 5: The Hats You Wear
 - April 13, 2026
Session 6: Setting Boundaries
 - May 11, 2026
Session 7: Flags: Spotting Mental Health Needs
 - June 8, 2026
Session 8: Flags: Signs of Abuse
 - July 13, 2026
Session 9: The Gift to Yourself: When to Refer Out
 - August 10, 2026
Session 10: Managing Grief and Loss
 - September 14, 2026
Session 11: Busting Stigma
 - October 12, 2026
Session 12: Reflection and Response