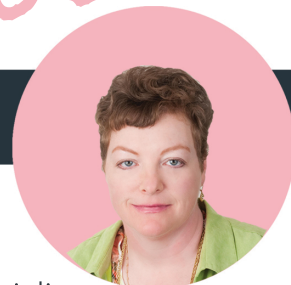


MAGDA CZEGLEDI

We can achieve mental wellness together!



Magda worked as a physician for eight years.
Since leaving practice she has completed certified peer specialist training and devoted many years to supporting people in their mental wellness journeys.

Besides numerous Baptist, Alliance, Calvary Chapel and other churches, her audiences include the Canadian Association of Christian Counsellors and Psychotherapists, the Catholic Diocese of Calgary, and the Canadian Southern Baptist Seminary.

With the Bible as her foundation, Magda combines her knowledge of scientific facts and personal experience of recovering from treatment-resistant depression to inspire hope for mental wellness.

Magda provides resources that are:

**Christ-centered and
discipleship-based**

**A whole-health approach
and evidence-based**

**Practical and easy
to understand**

Presentations:

Getting Back on Track Post-Pandemic

*Balancing Brain Chemistry:
It's More Than Serotonin Deficiency*

*Overcoming Anxiety: Practices that
Produce Results*

*Thinking About What We Think About:
Practical Tips*



Mood Mastery Workshop

Mood Mastery teaches about the key life-style elements required for mental wellness and how to apply them. Available both online and in-person, it offers:

*10 live interactives sessions
(2 modules each)*

Practical tools

*Support in a safe and confidential
small group*

"Magda is helping us to shine some much needed light on this area and we are excited to partner with her to get out the message that there can be joy in the journey and, always, hope for healing."

Glen Nudd, Senior Pastor, Rocky Mountain Calvary Chapel, Calgary, Alberta