

# SENSORY FRIENDLY

# Mass

St. Elizabeth Ann Seton Catholic Church  
2pm on March 8, 15, 22 & 29

## What is a Sensory-Friendly Mass?

A Sensory-Friendly Mass requires three main criteria: a welcoming, stigma-free environment; an informed community; and a few special accommodations to help reduce instances of over-stimulation:

## Why is a Sensory-Friendly Mass Necessary?

A Sensory-Friendly Mass provides a place where a child or adult with sensory issues or mental illness can attend Mass in an environment that feels safe, comfortable and caters to their special needs

## Interested in providing a Sensory-Friendly Mass at your parish?

If you need any assistance, please contact Allison at 260.399.1452 or [asturm@diocesefwsb.org](mailto:asturm@diocesefwsb.org)

[www.diocesefwsb.org/belonging](http://www.diocesefwsb.org/belonging)



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FORT WAYNE-SOUTH BEND

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MINISTRY WITH PERSONS WITH DISABILITIES