

Seminar 2025

# Emotionally Free

A prescription for healing, body, soul, and spirit

By popular demand, Dr. Grant Mullen and his wife Kathy are back in Japan to address vital topics on mental health and emotional freedom. Many face challenges like depression, anxiety, and mood disorders, with stress, conflict, trauma, and loneliness taking a toll on daily life. Join us as we explore the intersection of mental health and spiritual growth through a medical, psychological, and biblical lens. Learn practical steps to overcome emotional pain and achieve lasting freedom.



Grant Mullen, M.D.

Emotionally Free



EmotionallyFree-A prescription for healing body, soul and spirit

## Grant Mullen, M.D.

Profile

Dr. Grant Mullen is a Christian mental health physician living in Ontario, Canada. Through his experience of treating many patients and his own life journey, he has devoted himself to discovering strategies for overcoming emotional bondage and regaining joy in life. He is particularly well known for his work combining medical treatment with Biblically based strategies in the treatment of depression, anxiety, and mood disorders.

## SEMINAR WITH DR. GRANT MULLEN

Free Seminar – Registration Required  
Freewill Offering Appreciated

A special seminar over 2 weekday evenings will be presented in Tokyo at the Ochanomizu Christian Center on April 9 and 10, in **ENGLISH ONLY** as follows:



REGISTER

### TOKYO

Apr. 9  
Wed

1~3 Sessions

Doors open 17:30 MAX50  
英語のみ 18:00 - 21:00

Venue **Ochanomizu Christian Center 4F Meeting Room (411)**

2-1, Kanda-Surugadai, Chiyoda Ku, Tokyo

**Nearest station:** JR & Marunouchi Lines,  
Ochanomizu Station; Chiyoda Line,  
Shin-Ochanomizu Station



Access Map

Apr. 10  
Thu

4~6 Sessions

Doors open 17:30 MAX50  
英語のみ 18:00 - 21:00

Two Saturday seminars in Sendai area, and Tokyo (with Zoom webinar option) will also be presented in English with a Japanese interpreter. (4/5,4/12) See other side for details in Japanese.

英語でお話しを聞きたい方は是非ご参加ください。日本語によるセミナーは、裏面のご案内をご覧ください。

To register for any of the seminars or purchase books in English or Japanese, follow this link.

<http://objapan.org/seminar/2025-mullen>

Sponsored by

**OPERATION BLESSING JAPAN**

Izumi Excel Building 3F, 1-13-4 Izumi Chuo, Izumi Ku, Sendai Shi, Miyagi 981-3133

<https://objapan.org> TEL: 022-779-6579 FAX: 022-774-1635 seminar@objapan.org



INFO

Endorsed by



**E-Grape Publishing**

These seminars are sponsored by Operation Blessing and as part of our Mental Health Support programs in Japan