



Connecting through Companionship Certification

Helping Persons with Mental Health Challenges

NEED

- Crises of loneliness and mental health in the US affecting up to 50% of the population
- Unprecedented number of people in distress who have died by suicide, or alcohol and substance abuse

TESTIMONY

- Nationwide, communities witness the impact of this training
- Individuals learn to connect with neighbors and family, strengthening communities
- Lives change for the good

ABOUT

- Companionship taps into our compassion, helping us see interactions as shared journeys with fellow humans
- Emphasizes understanding each person as unique and deserving of kindness and respect

CALL TO ACTION

- Make a meaningful impact by coming alongside a lonely or distressed neighbor
- Join others in your community who share a desire to assist people facing mental health challenges



 Register for Companionship now



 Join our email list

What you get from Companionship Certification

- Community Trainer Certificate
- Confidence and competence to facilitate training
- Access to online resources 24/7
- Trainers Manual with teaching notes to walk you through your own workshop
- Group and individual coaching with National Trainer



Companionship Training Includes

- A 3-hour workshop that teaches the principles and practices of Companionship
- Instructor Training, an 8-hour workshop that certifies people to lead Companionship workshops themselves

Choose Pathways for

- Our 35-year history of serving people with mental health challenges
- Our passion working nationally at the intersection of mental health and faith
- Our multifaith and multicultural focus, providing anyone-anywhere access to mental health support
- Our certification and support of 100 Companionship trainers across the country
- Our collaboration with faith communities, mental health organizations, businesses and community-based organizations to create solutions for local communities



Curious?

Taste of Companionship

Join our monthly virtual presentation session to learn more and ask questions!

 **PATHWAYS**
to Promise
Connecting Communities of Care

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