

Equipping Communities with Mental Health Education



Is your community ready?

Let us help you get there.

- 20% of our population experiences a diagnosable mental health illness each year and 50% will in their lifetime.
- Our programs support the entire spectrum of mental wellness from prevention → treatment/support → recovery.
- We work with all communities, including faith communities, community centers, health care organizations, businesses, chaplaincy groups and more.
- Services
 - Certify facilitators to deliver workshops
 - Offer virtual public workshops
 - Provide free online resources

 Register for Companionship now



 Join our email list

 admin@pathways2promise.org

 [\(314\) 810-2234](tel:(314)810-2234)

 Pathways2Promise.org

6 WORKSHOPS

101

Awareness Care

Reducing stigma, identifying signs, increasing accessibility
Launching Spring 2024

201

Resiliency Care

Evidence based support, mindfulness, stress management
Launching Spring 2024

301

Companionship Care

Relate using mutuality and dignity towards those in distress
REGISTER TODAY!

401

Referral Care

Tips and guidelines for mental health referrals and self-advocacy
Launching Summer 2024

501

Recovery Care

Small group supportive care providing sharing and accountability
Launching Summer 2024

3C

3C SafetyNet

Learn how to create Connected Communities of Care in your area
Launching Summer 2024

PREVENTION - TREATMENT - RECOVERY

Choose Pathways for...

- ♥ Our 35-year history of serving those with mental health needs.
- ♥ Our passion working as a national nonprofit at the intersection of mental health and faith.
- ♥ Our multifaith and multicultural focus, providing anyone-anywhere access to mental health support.
- ♥ Our certification of 100 trainers across the country for our Companionship program.
- ♥ Our continued internal support for our trainers once we have equipped them to serve in their communities.
- ♥ Our ever broadening collaboration with faith communities, mental health organizations, businesses and community-based organizations to create comprehensive solutions for local communities.



Our Mission

Equipping diverse communities to create safe, equitable, healing connections for mental wellness.

Our Vision

A safety net of stigma-free, diverse, Connected Communities of Care.

Our Core Values

- Compassion – people-driven mental wellness support
- Companionship – side-by-side human connections
- Courage – championing justice for everyone
- Collaboration – connecting faith and other partners
- Creativity – program and model delivery innovations

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 **PATHWAYS**
to Promise
Connecting Communities of Care