Welcome New Board Members

Jim Echols and Sam/Suzanne Martinez. Both bring valuable expertise and

A noteworthy finding from the survey was that participants highlighted

One way we offer support is through our quarterly

Spotlight

To apply,

Upcoming Trainings

Companionship Care 301

Resiliency Care 201

Challenging Stigma and Discrimination: Addressing and challenging

Self-awareness and Stress Management: Promoting self-awareness

Practical Understanding: Non-technical language to practically

De-stigmatizing Knowledge: Insights that de-stigmatize mental

Encouragement for Connections: Support for healthy public

Assessment Tool: A practical tool for assessing the need for mental

Health and Social Work: Reflecting on the evolving role of social

Companionship Care 101

Practice 

Pathways to Promise is a national nonprofit that exist solely to provide the necessary support and resources to

one exists in their community. It’s worth mentioning that

a lack of mental health coalition, while 25.5% were uncertain about

rates of mental disorders.

areas of interest in mental health were depression, anxiety disorders,

Protestant, or belonging to another Christian denomination. Their top

gap among those who have experienced symptoms but haven't received a

mental health diagnosis for self or

others (86.2%). While it’s not surprising that those who sought mental

health support programs, online resources, and social support

innovative strategy to provide anyone, anywhere access to Pathways'

mental health practices.

As part of our overarching strategy to ensure widespread access to

health support across the continuum of care, we are delighted to

announce the completion of our initial draft for the Awareness Care 101

mental health support programs. In this new program, we will offer

an interactive discussion on mental health support, which will provide

understanding, and practical steps to help others

acknowledge their experience and feelings.

A key part of this

Upset: A Discussion on Mental Health Support

You’ll learn about the revolutionary Companionship Model which has five important

values: authenticity, support, personal connection, mutual growth, and active

involvement. By embracing these values, Pathways aims to provide a

welcoming and supportive environment for everyone involved.

In addition to these core values, participants will also

understand mental disorders.

By the end of this program, you'll be armed with the knowledge and tools

needed to effectively support others on their path to mental wellness.

We invite you to join us on this journey and

let’s work together to make a positive impact in our communities.

To participate in the Awareness Care 101 program, simply register by

signing up for our upcoming presentation.

Mark Your Calendar

New Interactive Discussion: Awareness Care 101

On Saturday, April 6, from 2 to 5 pm CT, we’ll host an interactive

discussion on awareness care, focusing on practical steps for

supporting someone experiencing mental health challenges.

We’ll cover

topics such as recognizing signs,

communicating effectively, and

understanding the resources available. By the end of the program,

you’ll have a clearer understanding of how to

help someone in need.

Save the Date

Saturday, April 6, 2024

2-5 pm CT

Interactive Discussion: Awareness Care 101

Register now to reserve your spot and join us for this enlightening event.

We believe in the power of community support and

We look forward to seeing you there.

Stay tuned for more updates and ways

you can get involved in making a difference in the mental health field.

Pathways to Promise is committed to providing the necessary support

and resources for those in need. Your involvement is crucial in our

mission to

Thank you for your commitment to creating a

Join the Pathways to Promise Community

Connect with us on social media and stay up-to-date with our latest

announcements and events.

LinkedIn

Facebook

Twitter

Instagram

Stay connected and join the conversation.

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Read More About Our Trainings and Workshops Here