PATHWAYS
to Promise
Connecting Communities of Care

Mental Health Ministries
To erase the stigma of mental illness
A Program of Pathways to Promise

SPOTLIGHT

Winter 2025

Pathways to Promise & Mental Health Ministries

Mental Health Ministries, a program of Pathways to Promise, provides resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with mental health challenges and their families.

Mental Health Multifaith Resource Center (MHMRC)

Our Mental Health Multifatih Resource Library is your comprehensive destination for mental health and wellness information. We have meticulously curated this resource center to ensure ease of use and to provide you with the most relevant materials. This library builds upon the outstanding work initiated by Rev. Susan Gregg-Schroeder, who founded [Mental Health Ministries in 2001](#).

Visit the MHMRC

Changes at Pathways

By Mark Stephenson, Pathways Board President and Interim Executive Director

Last month, Dr. George resigned as our Executive Director. We are grateful for Dr. George's service to our organization for the past year and a half. Among other things, during his tenure Dr. George

• Helped organize and train a team of six National Trainers who lead the online Community Trainer training events.

• Revised Companionship Workshop Curriculum: This rewrite preserved the core content of Companionship while revamping both the instructor and participant guides. The updated materials reduce preparation time, script the training for ease of delivery, and cater to diverse adult learning preferences.

• Created Video Resources: These include 22 "Mental Health Minute" videos, a video succinctly describing the need for and practice of Companionship, and a video introducing Pathways to Promise.

• Wrote a Grant Proposal: secured a significant grant for Pathways for 2024 from a foundation.

Rev. Mark Stephenson, Pathways Board President, has stepped in to serve as our Interim Executive Director. If you have questions, please be in touch at admin@pathways2promise.org.
Visit our website to see more announcements and other mental health trainings and resources we offer

Learn More Here

Explore Upcoming Training Events to Become a Companion or Community Trainer

JOIN US!
Become a Companion
Make a difference by learning how to come alongside people in distress.
3 HOUR VIRTUAL WORKSHOP
PATHWAYS to Promise

Become a Companion Workshop

The *Become a Companion* Workshop equips ordinary individuals to reach out to those in distress, offering vital public social support as they navigate their path to healing. It harnesses our innate capacity for empathy to recognize each person's individuality and treat them with utmost respect. In Companionship, we simply offer our presence through genuine human connection, listening attentively, showing hospitality, and standing by them as neighbors on their journey towards recovery and wellness.

Learn about the revolutionary Companionship Model which has five important tenets: hospitality, neighboring, side-by-side, listening, and accompaniment. You will gain an understanding of how to move from a transactional exchange model to a relational engagement model that enables substantial change when helping others.

[Upcoming Workshop](#)

Wednesday, January 15, 2025, 5-8 pm CT
(Group discounts available)

Register for Become a Companion

ATTEND
Community Trainer Training
Make a difference by becoming a Companionship Workshop Trainer!
2 DAY VIRTUAL COURSE
APPLICATION REQUIRED
PATHWAYS to Promise

Community Trainer Training

Do you want to lead Companionship Workshops? Apply to be trained as a Community Trainer! This virtual, two-day course includes:

- *Become a Companion*, a three-hour workshop that teaches participants the principles and practices of Companionship that equips them to come alongside a person in distress.
- *Community Trainer Training*, an eight hour training that teaches people to lead the Become a Companionship workshops themselves.

[Upcoming Training](#)

Wednesday, January 15, 2025, 5-8 pm CT
PLUS Saturday, January 18, 2025, 9 am-5:00 pm CT
Application deadline: Friday, January 10th

You are encouraged to [complete the application](#) no later than November 7th.

For more information and to register/apply, click here

ATTEND
Taste of Companionship
Come to this 30-minute Zoom session for a presentation about Pathways and our Companionship program with time for questions.
PATHWAYS to Promise

Attend *Taste of Companionship*

Taste of Companionship introduces Companionship and provides time for questions and answers, all in about half an hour. Our executive director, Dr. George, participates as available.

- **Wed., February 19, 12 PM CT, led by Dr. Keely Petty, National Trainer Apprentice**

Click on a link below to register for a Zoom session
(Contact [admin@pathways2promise.org](#) for Zoom support.)

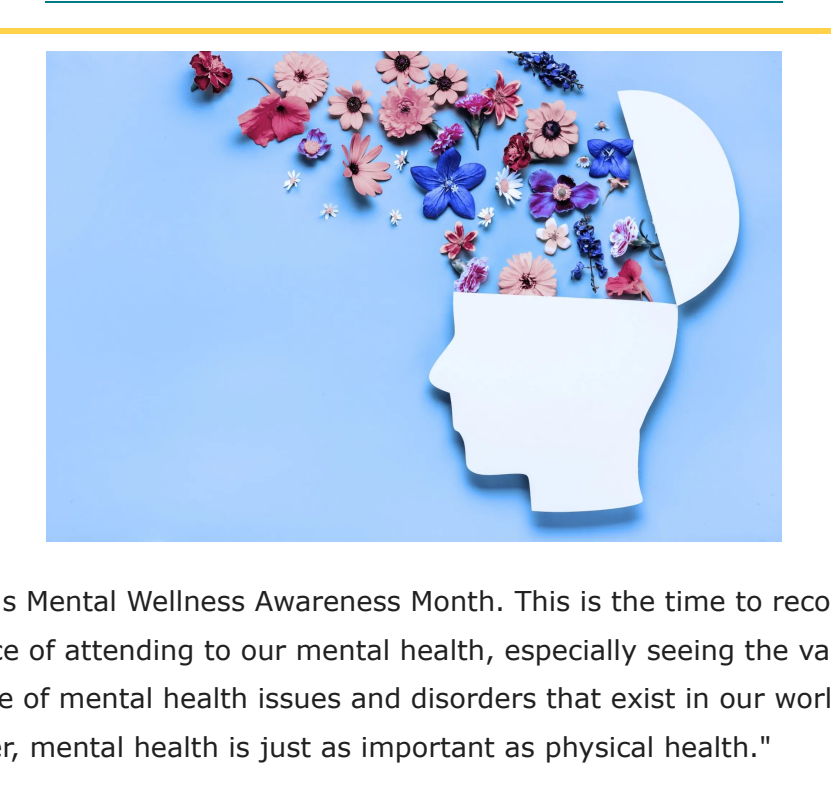
Register Here on the Pathways to Promise Homepage

All of the following articles from websites other than pathways2promise.org are intended as a library of resources only. Pathways to Promise receives no financial benefit from these organizations.

JANUARY

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for January.

[Mental Wellness Awareness Month](#)



"January is Mental Wellness Awareness Month. This is the time to recognize the importance of attending to our mental health, especially seeing the vast prevalence of mental health issues and disorders that exist in our world. Remember, mental health is just as important as physical health."

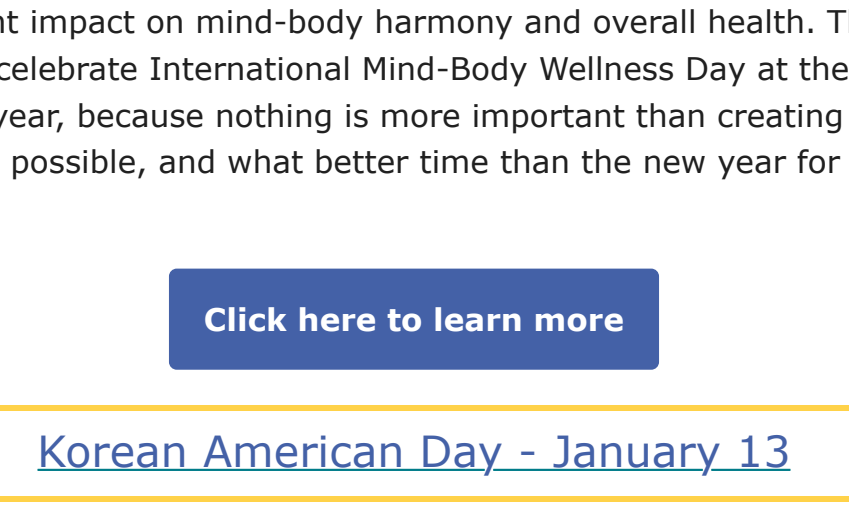
Click here to read more

[International Mind-Body Wellness Day - January 3](#)

"January 3 is International Mind-Body Wellness Day, an opportunity to celebrate how a healthy mind and healthy emotions means a healthy body! The mind, body and soul connection plays an integral role in our overall health and well-being. Our emotions, purpose, spirituality, experiences, goals, beliefs, habits and actions all have an important impact on mind-body harmony and overall health. That is why we celebrate International Mind-Body Wellness Day at the start of each year, because nothing is more important than creating the best you possible, and what better time than the new year for a new you?"

Click here to learn more

[Korean American Day - January 13](#)



[Improving Access to Mental Health Services for Korean American Immigrants: Moving Toward a Community Partnership Between Religious and Mental Health Services](#)

Honoring the arrival of the first Korean immigrants to the U.S. in 1903, Korean American Day recognizes the contributions of Korean Americans to American society and celebrates Korean heritage and culture.

Click here to learn more

[MLK Jr. Day - January 20](#)

2025 KING HOLIDAY
MISSION POSSIBLE:

"The annual King Holiday Observance is a time that we celebrate, commemorate and honor the life, legacy and impact of Dr. Martin Luther King, Jr. The King Center leads the charge to provide education and training in Nonviolence365; while serving as the vital living memorial of Dr. Martin Luther King, Jr. Global citizens will have unique opportunities to learn and unite in celebration of Dr. King's groundbreaking work and Mrs. Coretta Scott King's powerful continuation and formal institutionalization of that work through a variety of engaging events hosted by The King Center leading up to The King Holiday on January 20th, 2025."

Click here to read more

[National Day of Racial Healing - January 21](#)

NATIONAL DAY OF
RACIAL HEALING
#HOWWEHEAL

"To mark the ninth annual [National Day of Racial Healing](#) (NDORH) on Tuesday, January 21, 2025, AAC&U calls on colleges and universities across the country to engage in activities, events, or strategies that promote healing and foster engagement around the issues of racism, bias, inequity, and injustice in our society. The W.K. Kellogg Foundation has created a [NDORH digital toolkit](#) that includes promotional resources and programming ideas that may be useful when planning campus and community events. This day provides an opportunity for people and organizations to come together in their common humanity and take collective action to create a more just and equitable world."

Click here to read more

[Chinese New Year - January 29th](#)

HAPPY LUNAR
New Year
2022

"The holidays is about luck, health, and reuniting with family.

When people talk about the "holiday season" in the U.S., they typically refer to that period between Thanksgiving dinner and New Year's Day. But shortly after that, another massive holiday brings friends and family together in several Asian countries, with concurrent parties that carry on the traditions stateside. The Lunar New Year, most commonly associated with the Chinese New Year or Spring Festival, typically falls between mid-January and mid-February annually. Lunar New Year 2022 is on February 1, and in terms of the Chinese zodiac animal, it's the Year of the Tiger."

Click here to read more

FEBRUARY

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for February.

[February is Black History Month](#)

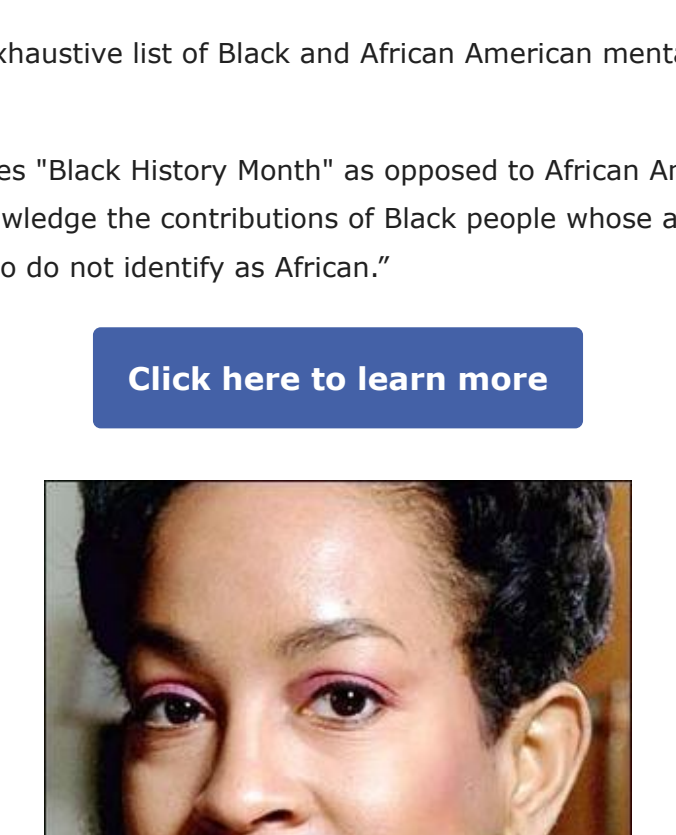
"Learning about the history of systemic racism during Black History Month - and all year - in the mental health system and movement and how it harms Black communities in the US and around the world is key for creating a mentally healthier world.

We are highlighting Black and African American contributions to the mental health movement because they are oftentimes overlooked. Without recognizing the lack of representation of Black and African American people in the mental health movement, we do a disservice and continue to inflict harm.

This is a non-exhaustive list of Black and African American mental health resources.

*Note: MHA uses "Black History Month" as opposed to African American History Month to acknowledge the contributions of Black people whose ancestry is unknown or who do not identify as African."

Click here to learn more



[Black Pioneers in Mental Health](#)

Black Americans' contributions to the field of mental health have been long overlooked. Check out these trailblazers

Click here to learn more

[February is Teen Dating Violence Awareness Month](#)

Photo by [Josh Appel](#) on [Unsplash](#)

[Teen Dating Violence Awareness and Prevention Month](#)

"February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well. Together, we can raise the nation's awareness about teen dating violence and promote safe, healthy relationships."

Click here to learn more

PATHWAYS TO PROMISE
MENTAL HEALTH MINUTE
Episode 10
Youth Mental Health Support
pathways2promise.org

[Mental Health MINUTE - Dr George - Episode 10 - Youth Mental Health Support](#)

"February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well. Together, we can raise the nation's awareness about teen dating violence and promote safe, healthy relationships."

Watch Here

[February is Ethnic Equality Month](#)

Photo by [Clay Banks](#) on [Unsplash](#)

Ethnic Equality Month - "Ethnic Equality Month is celebrated in February every year. It is a period to recognize the similarities all people have, yet acknowledge, appreciate and respect the differences in all of us. So no matter what race you are, or what ethnicity you belong to, everyone is equal and deserves equal rights and equal opportunities. Ethnic Equality Month is a good time to reflect and challenge ourselves, as a group and individually. It brings to light the unfortunate biases that still exist in our society, how far we've come in achieving equality, and what each one of us can do to contribute to something the world should be striving to achieve; social equality and justice."

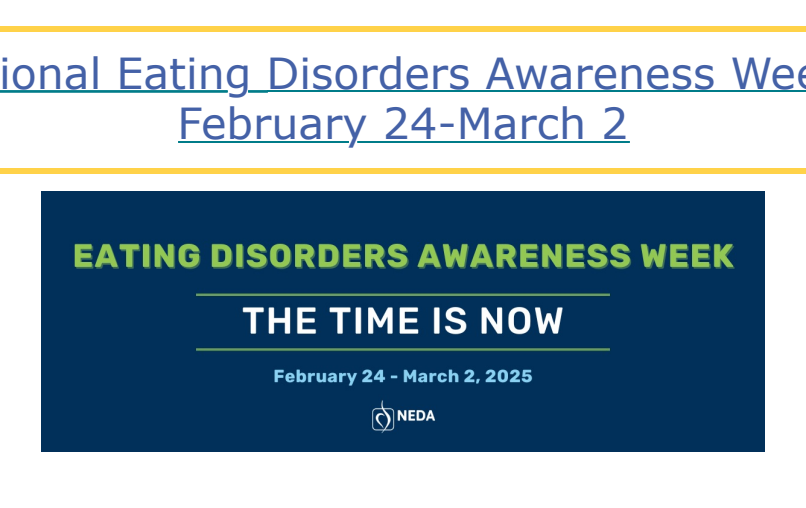
Click here to read more

[Random Acts of Kindness Week - February 9-15](#)

"We provide FREE kindness resources to help you make kindness the norm."

Click here to learn more

[National Eating Disorders Awareness Week - February 24-March 2](#)



"[Eating Disorders Awareness Week (EDAW)](#) is an annual campaign to educate the public about the realities of eating disorders and to provide hope and visibility to individuals and loved ones impacted by eating disorders. Eating Disorders Awareness Week 2025 is taking place Monday, February 24 – Sunday, March 2, 2025.

Eating disorders have the second-highest mortality rate among mental health conditions, with one person dying from an eating disorder every 52 minutes, yet many are unaware of the barriers that can make it difficult to find recovery, including a lack of understanding about eating disorders and their impact.

This year's theme, "The Time is Now," aims to shift this perception—by highlighting the importance of sharing knowledge and resources, encouraging early detection and treatment, and supporting ongoing research.

Together, let's make this #EDAW a turning point for greater awareness, empathy, and support for all impacted by eating disorders."

Click here to learn more

[Parinirvana - Nirvana Day - February 15](#)

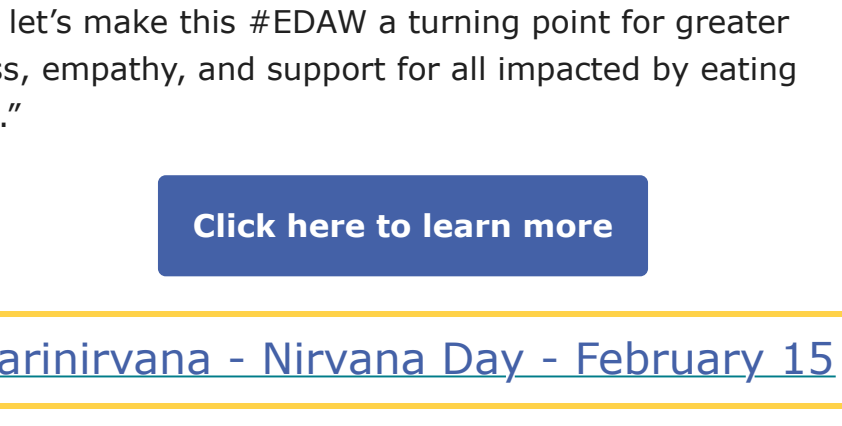


Photo by [Wonderlane](#) on [Unsplash](#)

"Buddhism is often seen as the most psychological of the major world religions. It originated in a search for an answer to the problem of dukkha (affliction), the existential suffering that comes from sickness, old age and death. This search led Siddhartha Gotama, who was to become the Buddha and the founder of the faith, into a spiritual journey. It was as a result of this journey that Siddhartha eventually received his transformative experience, his enlightenment."

Click here to learn more

[Random Acts of Kindness Day - February 17](#)

50 FUN WAYS TO CELEBRATE RAK DAY!

Want to celebrate Random Acts of Kindness Day today? Here are 50 fun ideas to do anywhere.

Click here to learn more

[Ramadan Begins - February 28th](#)

Ramadan Kareem

[Tips for looking after your mental health during Ramadan](#)

During Ramadan, you may make significant changes to your habits and routine. This includes fasting, prayer, and studying the Qur'an. You may also spend more time with your family, friends and community, and practicing good deeds and charitable giving.

The changes you make during Ramadan can affect your mental health in different ways. For example, connecting with your family, friends and community can boost your wellbeing and happiness. Your mental health during Ramadan might also be influenced by other important things happening in your life, or changes in your circumstances.

Click here to learn more

MARCH

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for March.

[March is National Women's History Month](#)

"During the month of March, we give a little extra attention to all of the amazing accomplishments of strong, determined women. Since 1987, the United States has formally recognized March as National Women's History Month. Every woman has a story to tell and gifts to share with the world. So get ready, because this month is about honoring magnificent ladies, and we are ready to celebrate it to the fullest. Celebrating this women's month by supporting women chase her dreams and fulfilling her educational needs by finding her right scholarships from around the world."

Learn More Here

March is Developmental Disabilities Awareness Month

"Each March, the National Association of Councils on Developmental Disabilities (NACDD), and our partners work together to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities.

The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live."

Click here to learn more

LGBTQ Health Awareness Week - March 17-21

VITAL
VIBRANT
VOICES
THE 22ND NATIONAL
LGBTQ HEALTH
AWARENESS WEEK
MARCH 18-22 2024
HealthLGBTQ.org

"This year's theme emphasizes the VITAL role of VIBRANT and diverse VOICES in raising awareness about the health challenges facing the LGBTQ community. Through a series of educational and advocacy efforts, the Coalition, along with over 600+ partner organizations, will work to uplift the voices of LGBTQ individuals, healthcare professionals, and advocates to foster informed dialogue and drive meaningful engagement in LGBTQ health care.

During National LGBTQ Health Awareness Week, hundreds of organizations across the country will join with the Coalition in conversations, using their VITAL VIBRANT VOICES to advocate for improved health outcomes for the LGBTQ community.

Founded in 2000, the Coalition represents LGBTQ individuals, health care/service providers, researchers, and advocates. The Coalition created the National LGBTQ Health Awareness Week 22 years ago to raise awareness about timely and relevant issues impacting LGBTQ health care."

Click here to learn more

The LGBTQ+ Community and Alcoholism

"Alcoholism is a very serious problem in the LGBTQ+ community. Up to 25% of the general LGBTQ+ community has moderate alcohol dependency, compared to 5-10% of the general population. Some subgroups of the LGBTQ+ community have even higher rates of abuse. The group with the highest drinking rates in the LGBTQ+ community was bisexual women, 25% of whom reported heavy drinking. Despite the many challenges, awareness of LGBTQ+ alcoholism is growing, and many treatment facilities now tailor programs, or at least aspects of programs, to meet the unique needs of LGBTQ+ individuals."

Click here to learn more

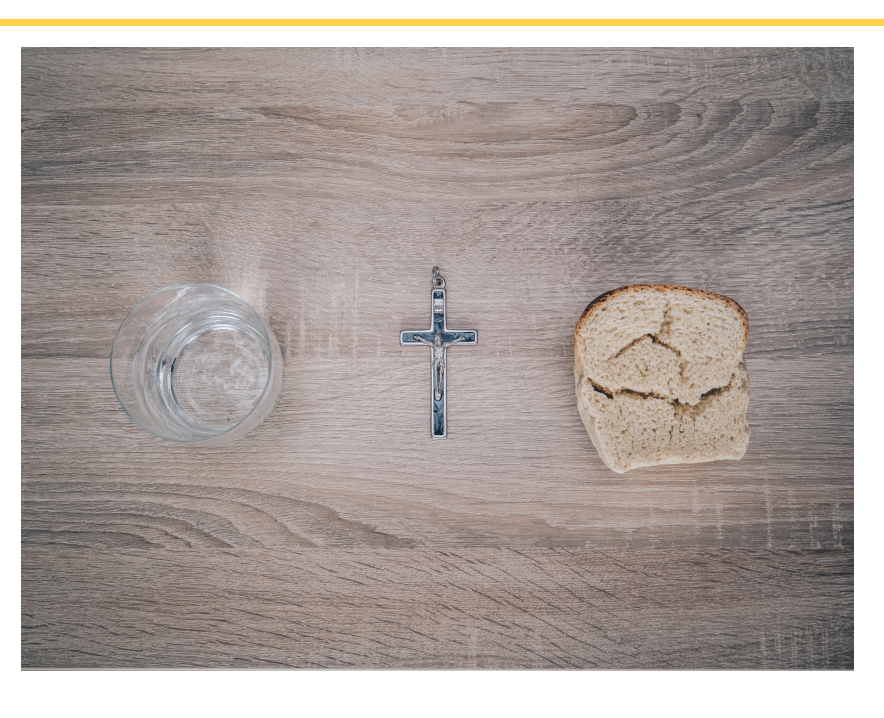
Self-injury Awareness Day - March 1

Self Injury/Harm Awareness Day SIAD 2025 - March 1

"SIAD is a global observance dedicated to raising awareness about self-harm and self-injury. It's a day where communities come together to break the silence, dispel myths, and offer support to those who experience self-harm. It also emphasizes the importance of understanding and compassion in approaching this sensitive topic, fostering environments where affected individuals can seek help without judgment."

Click here to learn more

Ash Wednesday - March 5

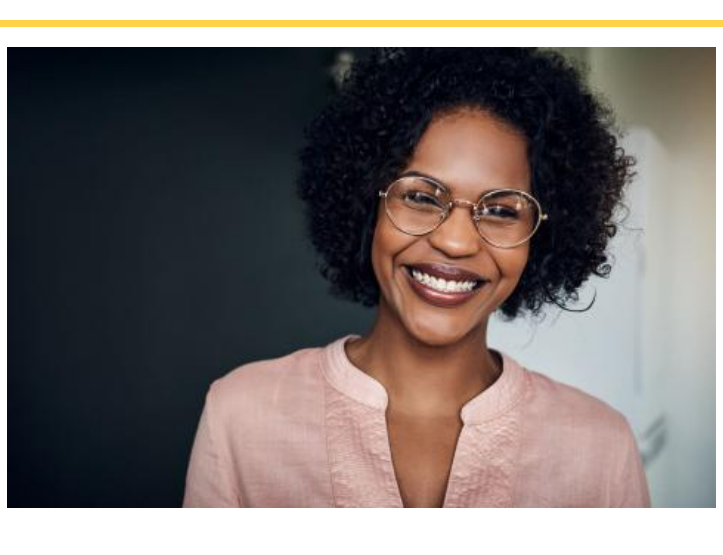


The Place Where Lent and Mental Health Meet

"At its core, Lent is about preparing ourselves for a deeper and fuller reception of Christ into our hearts. The Church encourages the practice of prayer, fasting, and almsgiving as the primary methods of preparation. Ultimately, this culminates in the celebration of Holy Week, coming to fruition on Easter Sunday, when we receive and celebrate the Risen Lord. In many ways, this journey can be summed up as a movement from death to resurrection; by laying down our self-reliance ("dying to ourselves") and making room for our dependence on God, we can be transformed. Dropping down and making contact with our hunger for God is the first step towards a deeper connection with Him. This requires us to lower our defenses and acknowledge our vulnerability, often laying aside the things we use to shore ourselves up. This is the place where mental health enters the picture; it can be incredibly painful (and dangerous) to suddenly abandon coping strategies that are keeping us afloat. My hope is that this article can provide some guidance on how to participate in Lent while also making mental health a priority. If we are to give ourselves to God completely as we are, we must make room for our mental and emotional state."

Click here to learn more

International Women's Day - March 8



"Good mental health is essential to overall well-being. More than 1 in 5 women in the United States experienced a mental health condition in the past year, such as depression or anxiety.[1] Many mental health conditions, such as depression and bipolar disorder, affect more women than men or affect women in different ways from men.[2,3] Most serious mental health conditions cannot be cured. But they can be treated, so you can get better and live well."

Click here to learn more

World Sleep Day - March 8

"World Sleep Day® is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is organized by the World Sleep Day Committee of the World Sleep Society and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders."

Click here to learn more

Holi - March 14

THE BENEFITS OF HOLI FOR MENTAL AND EMOTIONAL WELL-BEING

Benefits of Holi for Mental Health and Emotional Well-Being - March 14

"Holi, the festival of colours, is more than just a celebration; it's an experience that connects people, spreads joy, and creates a sense of community. This vibrant festival has a rich cultural heritage, and over time, many have come to appreciate its positive impact on mental and emotional well-being. The benefits of Holi go beyond the surface-level fun of splashing colours; they reach deep into how it affects our minds and emotions, creating a lasting effect long after the colours have faded."

Click here to learn more

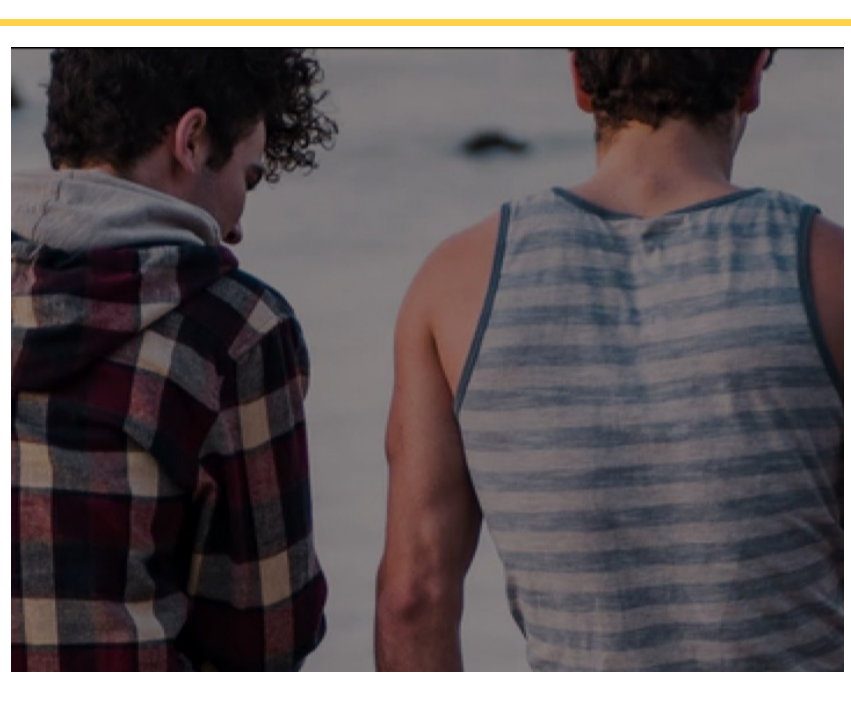
World Down Syndrome Day - March 21

Mental Health & Down Syndrome - March 21

"A common misconception held by people unfamiliar with Down syndrome is that individuals with Down syndrome always feel happy. Families, caregivers, doctors, and individuals with Down syndrome themselves know it does not limit the experience of emotions. Children and adults with Down syndrome experience all the same emotions everyone experiences, both good and bad. They also experience mental health disorders including depression, anxiety, obsessive-compulsive disorder, and others."

Click here to learn more

World Bipolar Day - March 30



"March 30th is World Bipolar Day. This worldwide awareness initiative provides us a chance to share information and resources that help eliminate the stigma around bipolar disorder and support those living with the condition on their journey to wellness. To celebrate World Bipolar Day, DBSA put together resources, support, and hope for people living with bipolar disorder."

Click here to learn more

MARK YOUR CALENDARS

January

Month long themes

Mental Wellness Month

3 - International Mind-Body Wellness Day

6 - Epiphany

7 - Coptic Orthodox Christmas

13 - Korean American Day –

14 - Orthodox New Year

16 - National Religious Freedom Day –

19 - World Religion Day

20 - MLK Jr. Day

21 - National Day of Racial Healing –

27 - International Day of Commemoration in Memory of Victims of the Holocaust

29 - Chinese New Year

February

Month long themes

American Heart Month

Black History Month

Teen Dating Violence Awareness Month

Ethnic Equality Month

Week long themes

World Interfaith Harmony Week – February 1–7

9-15 - Random Acts of Kindness Week

24-March 2 - National Eating Disorders Awareness Week

1 - National Freedom Day

1 - Eastern Orthodox Christian: The Presentation of Christ

4 - World Cancer Day

11 - International Day of Women and Girls in Science

14 - Valentines Day

15 - Parinirvana – Nirvana day

17 - Random Acts of Kindness Day

26 – Hindu: Maha Shivaratri

28* - Ramadan begins

March

Month long themes

National Women's History Month

Ethnic Equality Month

Gender Equality Month

Developmental Disabilities Awareness Month

Greek-American Heritage Month

Irish-American Heritage Month

Week long themes

9-15 - National Sleep Awareness Week

10-16 - Brain Awareness Week

17-21 - LGBTQ Health Awareness Week

17-23 - National Drug and Alcohol Facts Week

1 Self-injury Awareness Day

5 - Ash Wednesday

7 - Employee Appreciation Day

8 - International Women's Day

13*-14 - Purim

14 World Sleep Day

14 Holi

14 – Sikh: Hola Mohalla

15 - International Day to Combat Islamophobia

21 - World Down Syndrome Day

25 - Medal of Honor Day

30 - World Bipolar Day

31 – Islamic: Eid al-Fitr*

Reminder: All holidays marked with * begin the prior evening.

Also consider the following calendars for other important dates:

2025 Interfaith Calendar

2025 Diversity Calendar

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental health challenges in our faith communities. Join us in making a difference for those with mental health challenges and those who love and support them.

Click the button below to give a monthly gift of $30 (just $1 a day) or a one-time amount of $120 (which equals just $10 a month) or any amount you choose. You may also send a check to Pathways to Promise at the address below.

Thank you for joining us in supporting mental health needs!

Click here to give now

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admin@pathways2promise.org

www.pathways2promise.org

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