



Moving Towards Mental Wellness
Body • Mind • Spirit • Community

A Community Mental Health Initiative

August 21 & 22, 2020

5th Annual Pathways to Hope Conference is Virtual!



MENTAL HEALTH



THERAPY/COUNSELING



PEER PROGRAMS



FAITH COMMUNITIES

Building partnerships between mental health care and faith communities to eliminate stigma and provide hope for mental wellness.

Conference Highlights

- National and International Expert Presenters
- Personal Testimonies of Hope: Living Well with a Mental Health Challenge
- Holistic Mental Wellness Approaches
- Community Training Opportunities and Mental Health Ministry Resources
- Establish Collaborative Partnerships with Community Stakeholders

2020 Topics Highlights

- Your COVID19 Journey
- Living Well with a Mental Health Diagnosis
- Speaking to Faith and Mental Health
- Navigating a Mental Health Crisis



**VISIT WWW.PATHWAYSTOHOPE.NET to register
FOR MORE INFO CONTACT: NAMI@NAMI-SAT.ORG**