



Moving Towards Mental Wellness  
Body • Mind • Spirit • Community

*A Community Mental Health Initiative*

**August 21 & 22, 2020**

**5<sup>th</sup> 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](http://WWW.PATHWAYSTOHOPE.NET) to register  
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