



MIND MATTERS

Promoting Mental Health Awareness in the Church Community

Introduction

Join Amelia Jordan, a proactive Girl Scout, in a transformative project aimed at promoting mental health awareness and emotional well-being among elementary students in our church community.

Overview

Through faith-based activities like Prayer Pals, Kindness Rocks, Trees of Hope, and Coloring Mood Meters, we help students learn to manage and express their emotions in a supportive environment. Our goal is to create a culture of empathy, kindness, and mutual support within the church.

Our Impact

We're directly reaching out to elementary students and indirectly impacting their families and the broader church community. By integrating mental health awareness with spiritual growth, we aim to create a lasting impact grounded in faith and mutual support.

Sustainability

To ensure the longevity of our impact, we're providing guides so that churches can implement these faith-based activities as part of their regular programs.

Get Involved

We are looking for churches where Amelia can pilot her program. Join our activities, share resources, or volunteer as a leader. Help us make mental health a priority in our church community.

