

PATHWAY TO HOPE

Exists to *encourage, educate, and empower* those whose lives are affected by mental illness.

With Hope In Mind program is provided free to families and friends of persons affected by mental illness.

All With Hope In Mind workshops and support groups are made possible through the dedication of fully-trained volunteers who have experienced the impact of mental illness.

With Hope In Mind is provided through the Center of Understanding by Organizations, corporations, agencies, mental health entities, etc., who want to impact change and offer hope for persons affected by mental illness. The With Hope In Mind program is recognized by NIMH (National Institute of Mental Health).



PATHWAY TO HOPE

Center of Grace

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*Pathway to Hope is a Non-Profit 501(c)3
Organization Donations Accepted.
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MENTAL ILLNESS...




*Educational
Opportunities*

A couple is walking away from the camera on a dirt path through a field of tall, golden-brown grass. The woman on the left is wearing a grey knit hat, a blue and white striped sweater, and blue jeans. The man on the right is wearing a green and white knit hat, a yellow and black jacket, and blue jeans. They are holding hands.

The **With Hope In Mind** program provides families, friends, and primary caregivers the tools they need to deal more effectively with the impact and effects of mental illness on their loved ones. Through **With Hope In Mind**, they are offered eight workshops covering the following:

- Major medical aspects of mental illness
 - *How the brain works*
 - *Medications*
- Communication
 - *Crisis coping*
 - *How symptoms relate to behavior*
- Recovery and rehabilitation
- Collaboration with professionals
- Self care
 - *Caregiver*
 - *Loved one with mental illness*
- Advocacy

A man and a young child are walking away from the camera on a dirt path in a park. The man is wearing a light-colored short-sleeved shirt and grey trousers. The child is wearing a light blue t-shirt and yellow shorts. They are holding hands. The path is lined with large, mature trees with green and yellowing leaves, suggesting an autumn setting.

The **With Hope In Mind: Beginnings** program provides families, friends, and primary caregivers the tools they need to deal more effectively with the impact and effects of childhood mental illnesses and emotional/behavioral problems. Through **With Hope In Mind: Beginnings**, they are offered six workshops covering the following:

- What it is like in the beginning stages
- Mood Disorders
- Visions, Voices, Developmental, Anxieties, Attention and Focusing
- Eating Disorders, Behavior and Self-injurious Behaviors, Suicide
- Record Keeping; Self-Care; Boundary Setting
- Getting Cooperation; Interacting with School Systems, Child Justice, Psychiatrists, etc.