

FAITH AND HEALTH PARTNERSHIPS

We invite you into this work of creating healthy, loving communities – in your congregation, community, and other settings.

Learn how you and your members can accompany one another with compassion, boundaries, and mutuality by taking **Companionship training**.



Explore how hurt impacts us and how faith, love and hope can heal by completing the **Trauma, Faith, and Resilience course**.

Discover key mental health issues and proven approaches for intervening when someone is in a crisis by completing the evidence-based **Mental Health First Aid**.

Become better equipped to notice signs of mental distress and confidently respond to those in crisis by completing the three above workshops in a learning cohort. You will receive a Companionship certificate and become eligible for a microgrant to support program development in your congregation. **Learn more about the Listen. Love. Connect. Faith and Health Companionship Certification Program.** **Check out a story about someone who has participated.**

Do you wrestle with stress of your role as a faith leader? Join other clergy for a circle for learning, mutual support, and spiritual renewal, with monthly check-ins for ongoing support. **Learn more about our clergy support groups.**

Do you know members of your congregation or community who may be lonely? Connect them with **Let's Get Together**, an evidence-informed program that helps people who may be lonely learn how to build healthy social connections.

JOIN US IN THIS WORK

Would you and your members like to learn how to manage your blood pressure and use spiritual practices to stay calm and manage stress? **Contact us** to learn more about **Heart and Soul**, a hypertension prevention and management program that uses spiritual practices to attend to the ways stress can impact our blood pressure.

Learn how to meet the mental health needs of your congregation through free **Mental Health Consultation and Education services**. Our Faith and Mental Health Specialist can assist you in managing mental/behavioral issues within your congregation, offer education and training, and more.

Take an in-depth learning journey into Restorative Justice practices as foundational for healing-centered care through our **Healing-Centered Learning Communities**.

Consider your own story, ideas about God, and ways of practicing your faith that create love, life, and hope. Download **Healing Congregations: Nurturing Love, Life and Hope in a Hurting World** for free and use it for Bible study, sermon preparation, leader training, personal devotions, etc.



Learn how we can partner with you on these initiatives.

- Illinois residents, contact Amy McNicholas at amy.mcnicholas@aah.org
- Wisconsin residents, contact Anya Gordon at anya.gordon@aah.org

[Access interest form for all trainings and support groups.](#)