

## **EMOTIONAL WELL-BEING Committee**

**Mission Statement:** To nurture life giving relationships in the Franciscan tradition by promoting emotional and spiritual health. To focus on the ways emotional wellness can be integrated with the Franciscan perspective and faith.

### **Objectives:**

1. Identify and effectively promote existing programs, including the new Employee Assistance program, to all eligible people beginning second quarter of 2012.
2. Develop a "Friendly Visitors" program for Care Center residents, recruit volunteers, and build appropriate infrastructure.
3. Continue to market Sophia Center's staff and programs offered through website and staff engagements in the community and beyond.
4. Identify and promote existing self-help/support groups in the areas of substance abuse, stress management, caregiving, parenting, bereavement, domestic violence, anxiety and other areas of need.
5. Identify existing programs that provide assistance with common stressors (mindfulness, stress management, neuroplasticity, etc...) and offer at least four sessions to the SFV beginning in 2013.