

Renewing of the Mind Youthfully 2024



Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2).

Mission: To promote physical, psychological, and spiritual wellness for young adults of color.

WHAT: We seek to provide the tools to start healthy conversations about the intersection of faith and mental health. We hope to destigmatize, empower, and identify practical ways of addressing mental health from a faith perspective, especially in a transgenerational context.

WHO: For all young people ages 18-40 who seek to bring together generational views about mental health in faith contexts and enhance reconciliation between young and old people.

HOW: Interactive Zoom workshops with faith and mental health leaders in Rochester.

WHEN: June 29th, July 20th, and August 24th at 10 am-12 pm.

Registration link: <https://forms.gle/QuayfMkbprXJiivXA>

Our website: <https://bit.ly/renewingofthemind>

QR Code for Registration:



QR Code for our website:



Questions? Contact us at the following email: renewingofthemindrochester@gmail.com

