

## MENTAL HEALTH ADVISORY TEAM

**DR. SUNITA PUNJABI**, Psychologist & Brain Coach

**DR. ANDY GRAY**, Neurotherapist, Chief Science Officer

**JONNIE WILSON**, MA, LMSW

**MELINDA SPRUILL**, Certified Mental Health Coach, Light University

## SPIRITUAL ADVISORY TEAM

**BISHOP ALFRED D. BLUE, JR.**, Mental Health Coach, Light University

**REVEREND JERMINE ALBERTY**, BSB/M, M.DIV

**PASTOR AUSTIN BLUE**

SCAN TO LEARN MORE ABOUT THE ADVISORY TEAMS:



## CONTACT INFORMATION



### PHYSICAL ADDRESS:

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SAN ANTONIO, TX 78154



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www.FCWCSA.org

## FCWC Visionary Pastor Veron E. Blue

Pastor Veron E. Blue is the Founder and President of Faith & Community Wellness Center, Inc. (FCWC), a nonprofit organization based in San Antonio, Texas.

One of FCWC's goals is to equip African-American churches, organizations, and communities to address the impact of Adverse Childhood Experiences (ACEs) among children and youth and to ensure that church and community leaders are equipped to offer mental health resources in their respective areas. To accomplish this goal, FCWC provides ongoing community training, professional mental health services, and other resources to those who may not traditionally have access.

Veron is a Board-Certified Master Mental Health Coach with the International Board of Christian Care. She is also a Certified Life Coach with the American Association of Christian Counselors as well as a member of AACC. She is a Facilitator for the Spiritual First Aid Program as well as the Companionship Model.

She is a Healthy Communities Senior Fellow with the Aspen Global Innovators Group, an organization that centers equity, justice and values based leadership in all sectors that are advancing health and equitable development. She is also a Fellow of the 2021 San Antonio Compassionate Institute. Additionally, Veron is a Wellness Champion with NAMI Bridges to Care, and served on the NAMI/Bridges-to-Care Steering Committee. She also served on the Governance Council of the South Texas Trauma Informed Care Consortium. She currently serves on the Think Tank Team for ChildSafe in San Antonio, Texas. Veron has an Associate Degree from American University in Washington, D.C.

Veron is also one of the founders and senior pastors of Family Life International Ministries in San Antonio, TX, where she works alongside her husband, Bishop Alfred D. Blue Jr. and son, Austin Blue. She has been married to Bishop Blue for 35 years, has 2 sons, Alfred and Austin, 2 wonderful daughters by marriage, Shay and Jasmine, and two beautiful granddaughters, Quinn and Aria.



“Doing Small Things with Great Love”

Mental Health Programs  
for African-American  
Churches & Families



**Veron E. Blue**  
Founder and President



## VISION STATEMENT:

To equip and empower African-American churches, communities and families to recognize and respond to signs and symptoms of mental illness; to transform communities of color by reversing the effects of ACEs in kids, youth and families; to connect faith, families and community and so create healing communities.



## MISSION STATEMENT:

### “DOING SMALL THINGS WITH GREAT LOVE”

Conducts free mental health training for African-American families (Family Coach Program) and churches (Sanctuary Coach Program);

☑ Connects families in the community to mental health resources;

☑ Conducts a free eight-week summer camp which focuses on reversing the effects of ACEs among minority kids 7-12 yrs old;

☑ Summer Youth Connect sessions for teens 12-18 years old.

## SANCTUARY COACH TRAINING

For believers who want to understand how mental health works together with their faith and belief in God and who desire to be available to walk with others who are living with mental health challenges.

### SANCTUARY COACH TRAINING (15-HOUR TRAINING)

- Sanctuary Coaching – God’s Presence in Mental Health w/Pastor V
- Sanctuary Coaching – Mental Health
- Sanctuary Coaching – Intergenerational Trauma w/Jonnie Wilson
- Sanctuary Coaching – Mental Illness
- Sanctuary Coaching – Building a Mental Health Program w/Pastor V
- Sanctuary Coaching – Stigma
- Sanctuary Coaching – Depression, Anxiety and the Brain w/Dr. Andy
- Sanctuary Coaching – Trauma Informed Theology
- Sanctuary Coaching – Companionship w/Pastor V
- Sanctuary Coaching – Self Care
- Sanctuary Coaching – Sanctuary Coaching Techniques w/Dr. Andy
- Sanctuary Coaching – Caring for People God’s Way
- Plus Three (3) hours of Community Conversations

ALL TRAININGS FOR SANCTUARY COACH ARE HELD VIA ZOOM # 271 149 7061 ON 1ST & 3RD THURSDAY EVENINGS FROM 7:00 - 8:00 PM.

### PARTICIPANTS WHO COMPLETE THIS PROGRAM WILL RECEIVE A SANCTUARY COACH CERTIFICATE.

#### STEPS TO RECEIVING CERTIFICATE

1. Register for class/take pre-survey
2. Keep track of classes that you have completed on the Participant’s checklist
3. Complete training program
4. Take post-survey

## FAMILY COACH TRAINING

For individuals who want to recognize and respond to mental illness and its impact on their family members and loved ones and who want to learn coping skills to effectively help their family members.

### FAMILY COACH TRAINING (15-HOUR TRAINING)

- ACES (Adverse Childhood Experiences)
- Family to Family “Impact of Mental Illness on the Family”
- Parent Coaching: Protecting Your Child From Trauma
- Intergenerational Trauma and Mental Health
- Resilience & Self-Care
- Domestic Violence
- Racism and Its Effects on African-American Families
- Family to Family: Substance Use
- Mental Health and African-American Youth
- Child Sexual Abuse Prevention Training
- Mental Health: Family Problem Solving
- Family to Family: Comprehensive and Collaborative Care
- Plus Three (3) Hours of Community Conversation

ALL TRAININGS FOR FAMILY COACH ARE HELD VIA ZOOM # 271 149 7061 ON 2ND & 4TH THURSDAY EVENINGS FROM 7:00 - 8:00 PM

### PARTICIPANTS WHO COMPLETE THIS PROGRAM WILL RECEIVE A FAMILY COACH CERTIFICATE.

*Certified Mental Health Coaches will work with each family (one-on-one) to create coping strategies that will be effective for each family.*

- All trainings for Community Conversations are held via Zoom # 271 149 7061 on the 1st & 3rd Monday evenings from 7:00 - 8:00 pm.

- Participants must register for each class on Eventbrite at:  
<https://www.eventbrite.com/cc/mental-health-training-program>

#### STEPS TO RECEIVING CERTIFICATE

1. Register for class/take pre-survey
2. Keep track of classes that you have completed on the Participant’s checklist
3. Complete training program
4. Take post-survey