

## **Prevention & Wellness Program**

Our Daily Bread Community Outreach Center, Inc (ODB) Prevention & Wellness Program promotes the physical, mental, and social well-being of mothers, students, and families through supportive and engaging activities that strengthen individuals and the community.

This program creates safe and welcoming spaces where participants can reduce mental health challenges, learn healthy coping skills, build positive relationships, and improve their overall wellness. Participants engage in activities such as art therapy, journaling workshops, and guided discussions that encourage self-expression and emotional growth.

ODB emphasizes the importance of mental and emotional wellness by helping individuals develop healthy ways to manage stress and life challenges. The program also connect participants with professional support services, including counselors and therapists, when additional care is needed.

Through support groups, stress-reduction workshops, and wellness sessions, we provide holistic support that nurtures individuals emotionally, physically, and spiritually. Through the Prevention & Wellness Program, ODB hosts on-going community mental health resource fairs and educational workshops in the schools and throughout the community where mothers and students can connect with local agencies and learn about available services. Our wellness program empower participants with the tools and support needed to lead healthier, more balanced lives.