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**Mamie Johnson Ministries to host FREE Webinar to cope with
Covid-19/Social Justice Anxiety, Open to the Public**

(Dayton, OH) – As part of the healing process for the greater Dayton community, Mamie Johnson Ministries is offering a FREE, 3-part webinar entitled, Trifecta of Destruction: God’s Cure. Part 1: Anxiety will be held Saturday, June 27 from 10:00-11:30am. Free tickets may be secured on [Eventbrite](https://www.eventbrite.com/e/trifecta-of-destructiongods-cure-to-anxiety-part-1-webinar-tickets-108586198242).
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“Our community has suffered greatly over the last few months. Between the Covid-19 Pandemic and the atrocity of George Floyd’s murder, many Dayton area residents are suffering the effects of anxiety, depression and panic,” explained Pastor Mamie Johnson, founder of Mamie Johnson Ministries, Inc.

Pastor, speaker and author, Mamie Johnson, is no stranger to anxiety, depression and panic. As a young woman she suffered their effects through her career and home life, but through the use of biblical tools and principles, she was able to overcome her struggles.

“I want to help my community with the worried thoughts that plague our minds preventing us from experiencing a full life. When we believe the world’s lies and refuse to understand who we are created to be, it perpetuates a response of uncertainty. Anxious thoughts left unchecked bring along their two companions ... panic and depression,” Johnson explained.

Johnson wants to help her community understand, “God has an antidote and if we trust in Him, He will quiet the troublesome unrest that robs our souls.”

Each participant will be given a catalyst to help them understand why they are experiencing anxiety. They will learn about people in the bible like Queen Esther and Elijah who also experienced anxiety. They will receive tools and coping mechanisms to help them combat and eventually overcome anxiety, depression and panic.

About Mamie Johnson Ministries

Founded in 2010, Mamie Johnson Ministries, Inc. is a beacon of hope to a hurting world, providing biblical tools to help individuals navigate rough waters and guide them toward the safety and love of Jesus. Offering seminars, workshops, counseling, retreats, online resources and more, Mamie Johnson Ministries engages those facing adversity to help them overcome and grow a vibrant relationship with Christ. As a licensed and ordained minister of the gospel, she holds a Bachelor of Science degree in Business Management from the University of Phoenix and a Master of Arts degree in Theology from Xavier University in Cincinnati, Ohio. She serves as an Assistant Pastor and in the role of chaplaincy for a local business.

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