

# Mind and Wellness Foundation Newsletter

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Happy New Year! As we step into a brand-new year, let's take a moment to celebrate the incredible achievements of the past year.



Our partnership with BetterHelp empowered individuals to access the support they deserve.

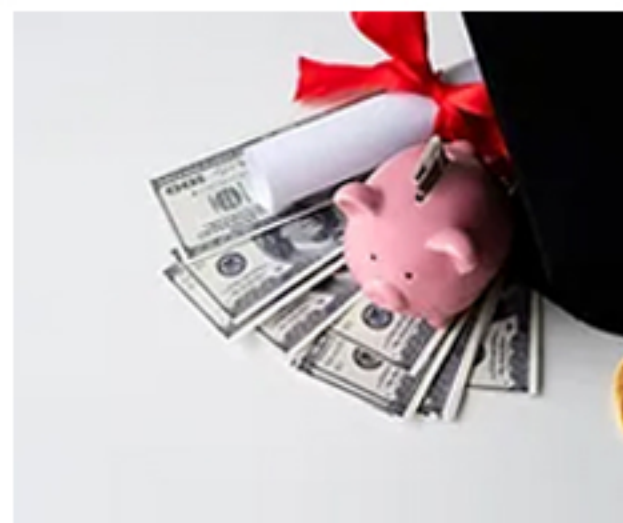
In 2023, we proudly awarded two scholarships to aspiring mental health care providers and provided several therapy grants to those in need.



We also organized a successful annual fundraising event and participated in the uplifting Mental Break Walk. Furthermore, we published "Mind Your Mental," a valuable resource for college freshmen and students navigating their mental health journeys.



As we embrace the opportunities that 2024 brings, we are excited to form new partnerships and enhance our focus on providing tools and resources to the Mind and Wellness Community. Our primary goal is to support individuals in managing their mental well-being on a day-to-day basis. We will continue building our mental health resource hub and network, ensuring that comprehensive support is readily available for all.



Additionally, we are determined to increase the number of scholarships awarded, enabling more students to fulfill their dreams of becoming mental health care providers. Furthermore, we are committed to awarding more grants to those who require therapy but may face financial constraints.



Our mission is to ensure that mental health care is accessible to all. In 2024, we will actively engage in the mental health and wellness space, striving to make a positive impact and raise awareness.

Here's to a year filled with growth, compassion, and progress. May 2024 be a time of transformation and well-being for all.



Mind & Wellness Foundation and The Vaughn Family