# Become a Faith & Health Companion

Advocate Faith and Health Partnerships invites you to apply for our premier cohort learning series designed to equip faith community leaders to walk alongside others during times of challenge and stress.

| **Fall 2026 Cohort Sessions (virtual)**<br>***Attendance is mandatory for all 3 sessions*** | **2026 Dates** | **Time (CST)** |
|---|---|---|
| Companionship Training | September 16 | 9:00 am to 12:30 pm |
| Trauma, Faith, & Healing Training | October 14 | 9:00 am to 11:30 am |
| Self-Care for Faith Leaders<br>*(Includes New Beginnings Support Session)* | November 4 | 9:00 am to 1:00 pm |

*Mental Health First Aid (Additional Option)*

NEW FOR 2026: Please note that being certified in Mental Health First Aid is recommended and can be offered to participants as an additional supplemental session. More details will be provided during the pre-enrollment conversation



**Did you know?** Many people turn to faith community leaders before seeking care from a mental health provider.

**Inquire about enrollment**

**Registration Deadline: Sept. 11th**

*Scan this QR code with your phone or click here for more information.*

**This learning cohort equips Faith & Heath Companions to:**

- Notice signs of mental distress and confidently respond to those in crisis
- Build relationships in response to isolation and suffering
- Understand the connection between trauma, faith, and healing
- Build or strengthen a ministry to support positive mental health in communities
- Create support networks with like-minded faith communities working to support mental heath

**Participation eligibility and commitments include:**

- Eligible candidates will work or volunteer with communities of faith in Illinois, Wisconsin, or be in network with Atrium Healthcare.

**·Grant Opportunity:**

- Companion graduates in our priority zip codes are eligible to apply for a microgrant for up to $1,000 to implement a mental health program in your congregation or faith community.

**All cohort training sessions will take place virtually on Zoom.**

**Questions?** Contact Jennifer Phillips at jennifer.phillips3@aah.org

*Please note: This program is generously funded through a Faith and Health Partnerships scholarship; there are eligibility requirements and spaces are limited.*

Advocate Health Care Aurora Health Care