

## **E. What is a Community Wellness Advocate?**

### **“Community” Your work is community focused.**

- Your “client” is your entire system, including people of all ages and stages.
- You are being trained to work with groups rather than being trained for a one-to-one, pastoral care ministry. This is an important distinction.
- You will want to reach out to individuals and make them aware of all the resources available and inviting them to appropriate groups, classes and retreats.
- You will be providing a wellness ministry to your own community.
- You will help your community/organization offer wellness programs for those who are not currently members of your community and to the broader community in your area.

### **“Wellness” Your work is wellness focused.**

- You are not a provider of direct care.
- You are not addressing “illnesses;” your focus is primarily raising awareness and offering prevention. You can certainly provide and encourage referral as needed and check for follow through.
- You are offering a ministry to help individuals build stronger relationships with God/Faith and with one another and to build community.

### **“Advocate” Your work is to give voice to the connection between faith and wellness.**

- You and your Wellness Council will be the on-going voice for wellness within your community/organization.
- You are an advocate for how faith is foundational to wellness, strengthening awareness of this idea within your own community and in the broader community around you by offering a variety of faith and wellness resources.