

Winner Mindset UPDATES



The Official Newsletter

Program Updates

Winner Mindset is excited to have partnered with PreventionFIRST! to offer two mental health workshops at Wilberforce University located in the state of Ohio.

PreventionFIRST!'s mission is to implement best practice strategies to reduce the risk of behavioral health disorders and envisions a world where all communities apply prevention strategies in early stages of life.

We are thrilled to help PreventionFIRST! accomplish their vision and mission with this partnership. Wilberforce University is the oldest Historically Black College and University (HBCU) in the United States of America.

The series consisted of five sessions held virtually and covered topics such as Meditation, Anxiety, Depression and Trauma Brain.

The sessions were taught by doctors, therapists and professionals who students could relate to and learn from. The students were provided with strategies for behavioral changes to enhance their mental health and well-being.

Winner Mindset and Wilberforce University would like to say Thank you PreventionFIRST!!

Want to get more involved?

Winner Mindset is looking for volunteer mentors and new board members to join our organization. If you would like to learn more about either opportunity, reach out to Arnetta at winnermindsetorg@gmail.com.

We are also looking to bring our Trauma Recovery programs to more Historically Black Colleges and Universities in our region. If you are interested in learning more, please send an email to winnermindsetorg@gmail.com.

Winner Mindset is a 501(c)3 charitable organization. Your donation helps us to reach more students with critical mental health and trauma recovery services. Thank you for partnering with us on this journey!

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