

Join the

MIND-BODY AMBASSADOR CLUB

#MSDMENTALHEALTH

SCAN THE QR CODE TO LEARN HOW TO JOIN



OUR MISSION

Feeling stressed? This club is primarily found to teach and spread one of the most-effective programs for healing trauma and stress, Mind-Body Medicine. Students who join can gain tools that they can use for the rest of their lives to manage stress and cope with trauma. The skills that we teach are evidence-based methods created by The Center for Mind-Body Medicine. Once they are well versed in Mind Body Medicine, students will have the opportunity to earn service hours as they spread their knowledge to friends, family, and the rest of the community. Following the tragic events of February 14, 2018 our students have been traumatized and left in a state of mind where they are no longer able to feel safe and happy. After learning these skills, we saw a remarkable change in the way students feel about themselves. Students who took part in the program felt more comfortable at school and found an increase in their overall mood. With this club we wish to ensure everyone at Douglas can feel the same way. As a member of the club, you will have many opportunities to demonstrate leadership. Our current goal for the club is to have a mental health club, much like the Mind Body Ambassador Club, in all schools across Broward County.

