

Laura Howe
LAURA HOWE

MEDIA KIT



LINKS



[HOPEMADESTRONG.ORG](https://www.hopemadestrong.org)

ABOUT

Laura Howe is a clinical mental health social worker, addictions counselor, and project manager. She has spent her 15-year career supporting and serving the marginalized and suffering in her local community.

In 2019, Laura launched Hope Made Strong, an organization dedicated to helping the local church care for their communities without burning out. In 4 years the team at Hope Made Strong has grown and together they are serving churches all over the world with online courses, cohort groups, trainings, events, and a podcast.

Laura is a refreshing voice in the faith and mental health space; upbeat, practical, with a strategic lens. If you are looking for resources to support your ministry leaders and congregation Laura and Hope Made Strong is a go-to resource.

Laura Howe is a mental health clinician and care ministry strategist for churches that want to care for their communities without burning out. She supports local church leaders to overcome and prevent burnout, create effective and sustainable care ministries and be a beacon of hope for their community.

TOPICS

Finding Hope in Helping:

Strategies that build resilience and overcome exhaustion

Discover the difference between burnout and compassion fatigue as you reflect on the signs and symptoms you may have dismissed. Participants learn strategies to respond and support in the moment and integrate prevention strategies that build resilience.

Skills for Supporting Others

Build the capacity of your team to support those in your church and community. So often leaders are faced with situations and circumstances where they don't know how to respond. Learn boundaries, best-practice methods, and de-escalation techniques so your team has the confidence and competence to support your church and community.

Building a Strategic Care Ministry

Care ministry usually get's left behind when building your church's strategic plan. But yet, care is the ministry that engages your people, builds trust, and fosters community. Laura will inspire your leaders to look at care as a strategy to strengthen your church and make disciples. Practical tools like the Model of Care and identifying your church's three types of caregivers will catapult your church toward a strategic care ministry.

Building Cultures of Care rather Than Programs of Care

Culture strengthens resources whereas programs consume resources. Churches are often the first stop for someone who is experiencing mental health concerns, not medical professionals. Therefore it's key to build a culture of care rather than programs of care. Building a culture of care in your church allows people to find a community of hope rather than depend only on the pastoral staff for all of the caregiving. Learn 3 steps to building a sustainable care ministry through building a culture of care.