

OFFICIAL CONFERENCE PREVIEW



BELIEVING

W H I L E B L E E D I N G

FAITH, TRAUMA, AND THE JOURNEY TOWARDS HEALING

THE
CONVERSATION
CONTINUES.

FAITH.
MENTAL HEALTH.
COMMUNITY.

FIND YOUR WAY RETURNS TO SWARTHMORE FOR ITS **NINTH**
ANNUAL MENTAL HEALTH + SELF CONFERENCE ON

WORLD MENTAL HEALTH DAY

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Find Your Way Services LLC Returns To Swarthmore For Its Ninth Annual Mental

Health + Self-Care Conference on World Mental Health Day

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Some conversations are too important to have only when something goes wrong.

This weekend, ***Find Your Way Services, LLC*** will return to Swarthmore, Pennsylvania, for its ***Ninth Annual Mental Health + Self-Care Conference***, continuing nearly a decade of creating space for conversations around mental health, healing, faith, behavior, relationships, and the experiences people do not always know how to put into words.

This year's theme, ***Believing While Bleeding '26***, speaks directly to the tension many people understand but rarely discuss openly: **what it means to continue believing, functioning, leading, loving, working, and showing up while still carrying something that hurts.**

This conference takes place October 9–10, 2026, with its main session falling on World Mental Health Day, observed globally on October 10.

But for ***Find Your Way***, the weekend is about more than recognizing a date on the calendar.

It is about continuing the conversation with greater honesty, depth, and intention.

A DIFFERENT KIND OF MENTAL HEALTH CONVERSATION

Mental health conversations have become more common, but there is still a difference between talking about mental health and creating environments where people can honestly examine what they are carrying.

Believing While Bleeding '26 was developed with that distinction in mind.

This conference brings together mental health, faith, practical education, personal reflection, community, and real-life experiences without requiring attendees to separate one part of themselves from another.

Because healing is rarely that simple.

People can have faith and still struggle.

They can be successful and still need support.

They can understand what happened to them and still be learning how those experiences influence the way they communicate, respond, trust, establish boundaries, manage emotions, or interact with the people around them.

And sometimes, the next level of healing requires more than identifying hurt.

It requires understanding what the hurt has taught you to do.

That type of conversation sits at the center of this year's conference.

NINE YEARS OF CREATING SPACE

Now entering its ninth year, the annual conference reflects ***Find Your Way's*** larger commitment to making mental health conversations accessible, practical, and connected to the communities it serves.

Under the vision of ***Founder and Visionary Dr. Kia F. Everett*** and the leadership of ***Chief Executive Officer Kayla Everett***, the organization continues building on a mission that extends beyond awareness.

The focus is movement.

How do people take what they hear in the room and apply it when they go home?

How do we move from recognizing patterns to changing them?

How do we acknowledge pain without allowing pain to make every decision for us?

How do faith and professional mental health support exist in the same conversation instead of being treated like opposing choices?

Those questions are part of what makes this conference timely.

As mental health language becomes increasingly visible online and in everyday conversation, **Find Your Way** is pushing the discussion further—beyond terminology and into understanding, accountability, support, and action.

FAITH. MENTAL HEALTH. COMMUNITY.

Three words appear prominently throughout this year's conference preview: **Faith. Mental Health. Community.**

Together, they represent the environment **Find Your Way** intends to create.

Faith is not being presented as a substitute for mental health care.

Mental health is not being discussed without recognizing the beliefs, relationships, environments, and communities that influence how people experience life.

And community matters because mental health does not exist in isolation.

Believing While Bleeding '26 makes room for all three.

The weekend begins Friday evening with an official bowling-party kickoff, giving attendees an opportunity to connect in a relaxed environment before Saturday's main conference experience.

Saturday shifts the conversation deeper.

Through speakers, presenters, vendors, interactive experiences, and intentional conversation, attendees will be challenged not simply to listen, but to reflect on their own lives.

The goal is not to leave people with another collection of inspirational statements.

The goal is for people to leave with something they can actually use.

WORLD MENTAL HEALTH DAY — WITH SOMETHING TO SAY

Holding the main conference on World Mental Health Day carries additional significance.

The day creates an opportunity to raise awareness, but awareness alone cannot be the finish line.

There are still people who know they are overwhelmed but do not know where to begin.

People who have learned how to function while hurting.

People who are successful in public and exhausted in private.

People whose behaviors are communicating things they have never had language for.

People who pray and still need support.

People who are healing and still have difficult days.

And people who are beginning to realize that needing help does not erase strength.

That is where this year's theme becomes especially relevant.

Believing while bleeding does not mean pretending you are not bleeding.

It means being honest about what hurts while refusing to believe that the hurt gets to control you.

There is room for faith and honesty.

There is room for progress and process.

There is room to believe for more while addressing what is happening right now.

THE CONVERSATION CONTINUES

Nine years represents longevity, but it also creates responsibility.

The conversations around mental health have changed considerably since **Find Your Way** began hosting its annual conference. The language is different. Awareness is broader.

More people are speaking openly.

But the need for intentional spaces has not disappeared.

If anything, the conversation now requires greater depth.

Find Your Way is entering Year Nine with that understanding.

Not simply asking people whether they are okay.

But asking better questions.

What happened?

What changed afterward?

What have you normalized?

What have you learned to hide?

What behaviors helped you survive one season but may no longer serve you in the next?

And what could become possible if you finally gave yourself permission to address it?

This weekend, those conversations continue.

Believing While Bleeding '26 is not asking people to arrive completely healed.

It is simply creating space for them to arrive.

And perhaps that is where some of the most important work begins.

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<https://www.jotform.com/form/260884998673077>

