

ETHEL'S LOVE FOUNDATION

# BREAKING THE STIGMA

*A 501c3 dedicated to providing support and resources to individuals between the ages 8 and 18 years old who battle with depression and anxiety*



## Our Service:

- ✓ Peer Support Groups
- ✓ Mentorship
- ✓ Community Events
- ✓ Workshops

## Why Choose Us

Ethel's Love Foundation is dedicated to creating and providing a safe space and support to individuals between 8 and 18 that battles with depression and anxiety. We truly believe that we can break the stigma together through peer support, mentorship, community events, and workshops.

***All services will be free and facilitated by a licensed therapist as well as experienced speakers.***

## Contact Us:

- ☎ 832.626.7341
- 🌐 [www.ethelslovefoundation.org](http://www.ethelslovefoundation.org)
- 📍 Houston, Texas

**THIS ORGANIZATION AND ITS ACTIVITIES ARE NOT RELATED TO OR SPONSORED BY THE  
GALENA PARK INDEPENDENT SCHOOL DISTRICT.**