

Mobile Wellness Center



Launching Fall 2024



Mosaic Forum

4421 Forbes Blvd., Suite A

Lanham, MD 20706

Phone: 571.475.9508

Email: connect@mosaicforum.org

OVERVIEW

Mosaic Forum's **Mobile Wellness Center** brings much-needed wellness services directly to underserved communities in northern Virginia, the District of Columbia, and Prince George's County, through a specially outfitted vehicle designed to be like a warm, welcoming living room. This inviting environment enhances comfort, making it easier for residents to access a full array of services to support their well-being and connect them to community resources.

SERVICES

- ➔ Mental Health Coaching/Counseling
- ➔ Healthcare Navigation
- ➔ Educational Workshops
- ➔ Financial Wellness Coaching
- ➔ Nutritional Guidance
- ➔ Connections to Community Resources



SERVICES DELIVERED VIA



Coaching & Counseling

Transformative mental health support right where those who need it most, live.



Therapeutic Performing Arts Activities

Our Life Stories-inspired program enables participants to express their personal experiences through the power of storytelling.



Mindfulness

Small group guided meditation sessions designed to sharpen focus, bring clarity, and transform thinking.

RESOURCES NEEDED TO



Rebrand & Outfit the Donated Truck
Staff & Train Coaches/Counselors
Purchase Technology & Equipment

Conduct Marketing & Outreach
Provide Educational Materials & Workshops
Cover Operational Costs