



COMPANIONSHIP - A PRACTICE IN PRESENCE

Serve your community as a Companion

HISTORY & ROOTS

- Developed in 1987 by Rev. Craig Rennebohm and others
- Created to assist people living in homelessness with serious mental illnesses

THE MODEL OF COMPANIONSHIP

- Rooted in our natural capacities to be sensitive, compassionate, and concerned for another in distress
- Supportive of healing and recovery
- A model for relational engagement

THE PRINCIPLES OF COMPANIONSHIP

Companionship is...

- An essential relationship between two human beings
- A response to isolation and distress
- A public relationship
- Springs from a firm belief in the mutuality in the relationship between two people
- Recognizes the need for a circle of care and support

THE FIVE PRACTICES

Hospitality

- Approaches another person with respect, honoring the dignity inherent in every human being.
- Creates a peaceable space with another
- Shares calm, rest and refreshment in an often tense, confusing and traumatic world

Neighboring

- Invites us to discover what we have in common
- Sets aside our power and privilege
- Meets one another as equals

Side-by-Side

- Positions us to look out at the world together
- acknowledge our different backgrounds and viewpoints,
- Proceed with integrity
- Do not push, pull, or impose our own priorities

Listening

- Opens us to another's story, hearing the person's own account
- Helps us begin in the now
- Allows us to explore gently the past and future

Accompaniment


- Listens especially for what the person says is their need
- Support the individual in connecting with community resources
- Help build a circle of care

WHO SHOULD PARTICIPATE IN A WORKSHOP?

- Companionship training is for individuals and organizations ready to be equipped to enter into supportive relationships with those in distress
- We collaborate with all communities including faith communities, community centers, health care organizations, businesses, chaplaincy groups and more



 Register for Companionship now

 Join our email list



Companionship Workshops

- Become a Companion workshop is an interactive 3-hour training designed to help individuals gain the knowledge, skills, and confidence to move beyond the serving counter and into genuine relationships with people in need. Participants will learn ways to embody the 5 Practices of Companionship and how to honor their own limits throughout such work.
- Community Trainer Training is the 8-hour certification workshop that prepares a candidate to facilitate public Become a Companion workshops.

ABOUT PATHWAYS

Mission

Equipping diverse communities to create safe, equitable, healing connections for mental wellness

Vision

A safety net of stigma-free, diverse, Connected Communities of Care

Core Values

- Compassion – people-driven mental wellness support
- Companionship – side-by-side human connections
- Courage – championing justice for everyone
- Collaboration – connecting faith and other partners
- Creativity – program and model delivery innovations

 admin@pathways2promise.org

 (314) 810-2234

 pathways2promise.org

 **PATHWAYS**
to Promise
Connecting Communities of Care

Revision February 5, 2024