



Hope for Brighter  
Tomorrows  
the mental health ministry of Kay Warren

June 2025

## Quarterly News & Inspiration



# Breathe

## COMMUNITY CONNECTION

In this issue you will find:

- Stories of inspiration
- Practical advice
- Free resources
- Calendar of upcoming events



*“Families impacted by mental health challenges never have to walk alone.”*

*~HBT Vision*

## Welcome to BREATHE Community Connection!

**BREATHE** is a program of Hope for Brighter Tomorrows, a mental health ministry created to ensure families impacted by mental health challenges never have to walk alone.

Rick and I know what it's like to love a child who was diagnosed with mental illness at a early age. Our son, Matthew, faced serious challenges from the time he was just a little boy, and as parents, we suffered with him and for him. We did our best to get the right medical, emotional, academic, social, and spiritual assistance that would smooth the way in front of him and help him find mental stability. We found the mental health system to be complex and frustrating, and even though we were surrounded by caring family and friends, we often felt completely alone as we tried to figure it all out.

When Matthew died by suicide in April 2013, I became a mental health and suicide prevention advocate for individuals and families. In 2019, I established the BREATHE ministry to support other parents through retreats, virtual events, and a private Facebook page. I chose BREATHE as the name because in the aftermath of the trauma of Matthew's life and death, I realized that I hadn't taken a deep breath in years. I had been subsisting on shallow, panting breaths as we went from crisis to crisis. As I learned how regular deep breathing improves physical health and mental acuity, I realized the gentle admonition to breathe deeply – physically and spiritually – would bring peace, comfort and inner calm to other parents like us.

### Why BREATHE?

In the aftermath of the trauma of Matthew's life and death, I realized I hadn't taken a deep breath in years.



Kay Warren  
FOUNDER

In 2024, Hope for Brighter Tomorrows was founded to expand the mental health outreach to thousands of hurting parents as well as to provide guidance to faith communities interested in supporting these families.

The BREATHE Community Connection is a quick and easy way to receive the latest updates from our team, hear stories from other BREATHE parents, get advance notice of upcoming events, and best of all – stay in touch with us!

I'm so excited you're here!

~Kay



## 2 Corinthians 1:3-4

Contemporary English Version

*Praise God, the Father of our Lord Jesus Christ! The Father is a merciful God, who always gives us comfort. He comforts us when we are in trouble, so that we can share this same comfort with others in trouble.*

When my dear friend, Kay Warren, asked me to be the president of her new non-profit mental health organization, Hope for Brighter Tomorrows, this is the verse that came to mind. Kay had so often comforted me in my own journey with four kids with mental illness that I was thrilled to serve at an organization committed to doing the same thing for others.



**KELLY M. ROSATI, J.D.**

PRESIDENT



This verse is why we're here. God has comforted us, and we want to share His comfort with you.

Our journeys as parents of kids with mental illness can feel so isolating. It's comforting to know there are many others who know how important compassion, encouragement, community, and the kindness of Christ are to our souls.

In these pages, you'll read about the various ways Hope for Brighter Tomorrows seeks to strengthen your family and ensure that, as parents, you never have to walk alone.



## Christy Weissmann



ALUMNI MOM  
COORDINATOR

One of the most unexpected gifts in my journey has been discovering a community of other parents who truly understand, who know the heaviness of loving a child who lives with mental health difficulties, and the strength it takes to keep showing up for them and for the rest of the family, even when feeling constantly knocked down.

For a long time, I felt alone in that space. My journey started when my child was at a very young age and has included unimaginably deep heartbreak and seasons when hope felt nonexistent. Most days I knew how to stay busy, how to manage the day-to-day, but underneath it all, I was grieving. Grieving the life I imagined for my family, the milestones missed, and the quiet agony of unanswered prayers.

Whether your journey feels raw or steady right now, I hope this space reminds you that you're not alone, and you never have to be.



Christy Weissmann, Meaghan Grider, Jamie Brucker



# The Savior who weeps with us

**BY DAVID MANDANI, MSW, LCSW**

DIRECTOR OF CONTENT &  
CHURCH OUTREACH

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Suffering has a way of isolating the soul.

When a child wrestles with mental illness, a parent's heart can break in ways words cannot hold. Grief grows heavy. Prayers may feel like they drift into silence. And God, at times, can seem far away.

But Scripture whispers a different truth.

Jesus knows sorrow.

Long before your first tear fell, he was called “a man of sorrows, acquainted with grief” (Isaiah 53:3). He stepped into our wounded world, carrying heartbreak in his own flesh. In the ancient words, he bore *mak'ovot*—sorrows—and *holi*—grief.

He did not turn away from pain. He walked into it. He wept beside places of deep loss. He was moved with compassion for the broken. (John 11:33, 35) His heart still draws near today.

You do not grieve alone. The One who holds the universe also holds your sorrow. As Hebrews 4:15 promises, he understands every weakness, every ache, every prayer spoken through tears.

Come as you are.

He is not waiting to scold you. He is waiting to weep with you, to hold you close, to carry you through.

You are seen. You are heard. You are beloved.

You do not grieve alone.  
The One who holds the  
universe also holds your  
sorrow. As Hebrews 4:15  
promises, he  
understands every  
weakness, every ache,  
every prayer spoken  
through tears.

### Moms Retreat

Our BREATHE Retreat for moms in April was a beautiful time of connection, healing, restoration, and equipping. Our moms walked away with a new sense of community, renewed hope, and strength for the journey. Here's what some of our moms had to say:

- “The retreat had something for everyone. There was a personal touch that made you feel like royalty.”
- “My favorite thing about the retreat was the focus on us moms; the unconditional love and support from Kay and her team; and, the feeling that we are not alone in this journey.”
- “I returned home to a crisis with my child, but this time I was prepared with practical tools and spiritual strength and it didn't take me out like it has in the past.”







Toni Wisner

## Thank you to our amazing volunteers!

We want to give a HUGE shout out to the incredible team of volunteers, all 139 of you who made the weekend possible. From setting up, greeting, driving shuttles, being a table host, assisting with activities and experiences, helping with meals, assisting in the chapel, hospitality, prayer team, helping with the bookstore, helping tear down and clean up, and so much more - THANK YOU!

Your time, heart, and willingness to serve created a beautiful and healing space for BREATHE moms and we truly couldn't do it without you. If you have attended a BREATHE weekend and want to help others have the same experience, reach out to us at [info@kaywarren.com](mailto:info@kaywarren.com) and ask to be added to our volunteer team.

## Join Our BREATHE Community Facebook Page



Our private **BREATHE Parents Facebook page** allows hundreds of moms and dads to access a safe community where we share prayer requests, weep together, rejoice over small victories, exchange trusted resources and referrals, and remind each other we are not facing our struggles alone. Search BREATHE Parents on Facebook or scan the QR code.



### In-Person Events

**April 25-27**

**BREATHE Retreat** (for moms)

**August 23** **SOLD OUT! [Join The Waitlist.](#)**

**BREATHE Together** (marriage event for couples)

**October 17-19** **[Registration Opens in August](#)**

**BREATHE Retreat** (for moms)

**For more information about BREATHE events, and to register, visit:**

**[HopeForBrighterTomorrows.org/breathe](https://HopeForBrighterTomorrows.org/breathe)**



### Virtual Events

**January 25**

**Navigating Marriage, Family and Mental Illness**

*Rick & Kay Warren*

**February 19**

Prayer & Support

**March 15**

**Practical Tools for Intense Distress**

*David Mandani, MSW, LCSW*

**May 21**

**Youth Mental Health: A Parent's Guide to Finding Effective Support**

*Rebecca Thomas, MD & Rachel Britton, LMFT*

**June 18** **[Register Now!](#)**

Prayer & Support

**July 19**

**Your Story Matters**

*Adam Young, LMFT*

**September 17**

**Nurturing the Biblical Identity of Your Child with Mental Health Challenges**

*John Swinton, BD, PhD, RMN, RNMD*

**November 15**

**Holiday Challenges, including Establishing Boundaries and Estrangement**

*Parent Panel*


**December 10**

Prayer & Support



## How To Get Involved

- [Pray for Us](#)
- [Volunteer](#)
- [Join the BREATHE Parents Facebook Page](#)
- [Follow Kay on Social Media!](#)

 [KayWarrensPage](#)

 [@KayWarren75](#)

 [@KayWarren1](#)

- [Sign up for a BREATHE Zoom call](#)
- [Attend a BREATHE Event](#)

## Free Resources

[SUPPORT GROUPS](#)

[ESPANOL](#)

[HELPFUL LINKS](#)

[DOWNLOADS & WEBSITE](#)

[TRAININGS](#)

[AUDIOS](#)

[VIDEOS](#)

[RECOMMENDED BOOKS](#)

## Donate



Hope for Brighter Tomorrows is a non-profit organization supported by donors. If you'd like to join us in our mission to support families impacted by mental illness, you can give a tax deductible contribution to the New Horizons Foundation, Inc. **with Hope for Brighter Tomorrows in the memo line.** Scan the QR code for more detail.

**New Horizons Foundation**

731 Chapel Hills Drive, Colorado Springs, CO 80920