

PMH by the Numbers: What We've Achieved Together



From June 2024 to June 2025, Peaceful Minds Haven walked alongside our community, providing care, breaking barriers, and creating meaningful change.

82%

of participants report improved emotional well-being after engaging with PMH programs.

60%

of clients accessed culturally competent therapy for the first time through PMH.

25+

in-person & virtual events focused on mental health, parenting, and reproductive rights.

150+

men and fathers served with mental health, postpartum, & parenting support.

\$3K+

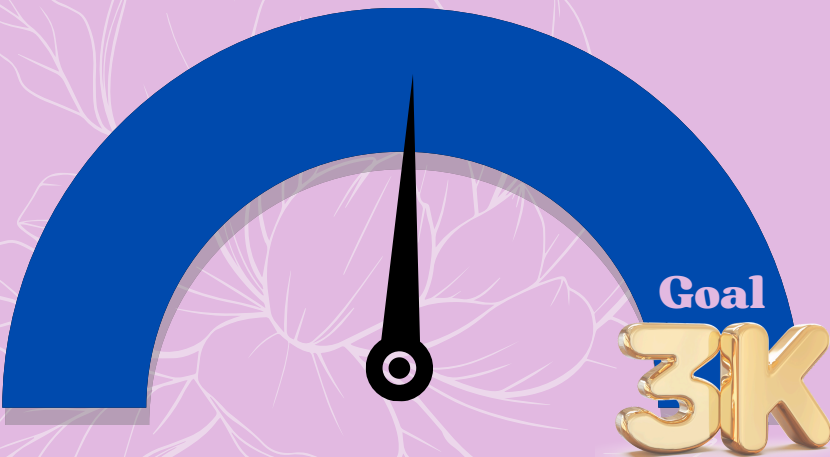
awarded to mothers facing hardships: including cash, meal preps, 1 night getaway, a brand new crib, and 1 all expense paid retreat ticket.

70+

postpartum wellness packages delivered to mothers & caregivers.

80+

provided 40+ boxes of diapers and wipes as well as other necessities to moms & babies



Our volunteers contributed 1,500+ hours last year. With your help we can reach 3k in 2026!