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Methodist Family Health Pursues Pen and Prayer Pals for Arkansas Children, Teenagers

Jun 29, 2020 | Headlines



Little Rock, AR (June 29, 2020) – After almost four months of social distancing and sheltering in place, the children, teenagers and families in our care at Methodist Family Health are in need of encouragement and human connection. If you or your kids are looking for a meaningful way to help others during this pandemic, you can make a

connection with a child or teenager who is struggling with psychiatric, behavioral, emotional or spiritual issues and become a pen and prayer pal.

Here's how it works:

- Click on this link: <https://forms.gle/jYSZYCG3n9Twp2hW7> then:
- Choose someone you would like to write. We have included in this Google form the initials, ages and genders of our participating clients to help you choose.
- Write the person a letter. Your letter can include things like encouragement, good news you have heard, a small story you thought was funny and would like to share, or a simple prayer filled with kindness. A little positivity can go a long way, and there are examples in the Google form if you are looking for inspiration.
- You can submit your letter using the Google form at this link - <https://forms.gle/jYSZYCG3n9Twp2hW7> - or write a note and mail it to:

Prayer Pals
3505 Clearwell Road
Conway, AR 72034

Methodist Family Health is a statewide continuum of care serving Arkansas children and families struggling with psychiatric, behavioral, emotional and spiritual issues. Our mission is to provide the best possible care to those who may need our help, and with the help of Arkansas's children and families looking for a simple project to do during the summer, we will be able to fulfil this mission by providing our clients the support they need.

For more information, contact Amy Shores, director of pastoral care, at AShores@MethodistFamily.org.

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