

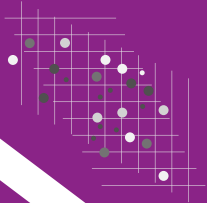


## P.A.S.S.

Preparing Athletes to Succeed and Soar

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# LAUREN JONES

## EMOTIONAL WELLNESS EXPERT - STRESS & ANGER

Maryland native, Lauren Jones is a dually Licensed Clinical Social Worker. In 2013, she founded Propel Productions Center, Inc., a 501(c)3 non-profit organization, geared towards developing arts-based mental health programs, products, and services for the culture.

Remix Rage Smash Room for anger expression, and S.L.O.T.H. Wellness products for stress relief are just two examples of her innovative and engaging approach to developing emotional wellness solutions.

Lauren is a firm believer that there is no health without mental health; and that change is a process that must begin with the mind.

Lauren will focus on serving student-athletes in the following areas:

### Specialties:

- Mood management
- Self-care
- Healthy boundaries
- Coping strategies

