

INTRODUCING



OCTOBER 2025

We're passionate about children – and improving their mental health.



A new, month-long campaign to raise awareness for mental health research that will help raise funds to fight the crisis facing our nation's children.

THE CHALLENGE

Choose to practice mindfulness every day for 31 days during October. We'll provide a menu of activities designed to improve your mental health.

GIVE

Create a personal fundraising page and ask friends and family to support you as you challenge yourself to try a new mindfulness activity each day in October. Mental health issues are increasing rapidly among our youth. You can do something to make a difference.

Sign up for the Mindful Minutes Challenge and improve your own mental health while raising funds for research at Texas Children's.





What is Mindful Minutes?

Mindful Minutes is a community project focused on raising awareness about mental health and the need for answers.

Participants sign up to complete a series of 31 daily activities designed to encourage better mental health while raising funds for mental health research.

100% of the funds raised go to research focused on:

- A better understanding of how the brain works, or doesn't, when mental health issues occur
- More targeted, more effective treatments and therapies
- Recruiting and retaining research talent and mental health professionals
- Services and programs that address brain health needs in our community

CONTACT

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GET INVOLVED:

- ✓ Register and create a personal fundraising page
- ✓ Encourage a team of friends or coworkers to register
- ✓ Donate directly
- ✓ Use your company match
- ✓ Become a sponsor

