



WHAT IS CANVAS? WHY DO WE USE IT?

Canvas is a secure, user-friendly online learning platform that allows us to deliver high-quality mental health education to preparing/returned missionaries and their families anywhere in the world. Think of it as a digital classroom that fits in your pocket – accessible 24/7 from your phone, tablet, or computer.

We chose Canvas because we believe mental health support should know no boundaries. Whether you're a **parent in Utah** worried about your missionary, a **returned missionary in Africa** processing your experiences, or a **preparing missionary in New Zealand** seeking tools for resilience, our courses are just a click away.

#1

GO TO [LEARN.PAZWELLNESS.ORG](https://learn.pazwellness.org) AND SELECT YOUR DESIRED COURSE:



Mission Ready: A Faith & Wellness Course for Pre-Missionaries

We have compiled a comprehensive program designed to equip preparing individuals with essential mental health skills grounded in Latter-Day Saint doctrine. Taught by a professional religious educator and a...

Time limit: 45 days
\$50



Beyond the Mission: A Faith & Wellness Course for Currently-Serving...

Navigate the transition back to "regular life" with a 6-week course that builds emotional resilience, manages anxiety and perfectionism, and deepens your testimony of the Atonement of Jesus Christ. Taught by a...

Time limit: 45 days
\$50



Parenting My Missionary - Supporting Your Missionary, and Yourself: A Faith &...

Building a strong mental and spiritual foundation for parents of missionaries

Time limit: 45 days
\$50

#2

ENROLL IN THE COURSE

[Login](#)



Mission Ready: A Faith & Wellness Course for Pre-Missionaries

Time limit: 45 days

\$50 Enroll Now

#3

CREATE AN ACCOUNT

Create an Account

Already have an account? Sign in here

First Name

Enter First Name

Last Name

Enter Last Name

Email

Enter Email

Confirm Email

Enter Email

☐ I agree to the [Acceptable Use Policy](#) and acknowledge the [Privacy Policy](#).

#4

APPLY YOUR CODE

🕒 Seats are reserved 09:50

Checkout



Mission Ready: A Faith & Wellness Course for Pre-Missionaries

Course

View Summary

\$50

TOTAL

\$50

Promotion Code(s)

PMETSY

Apply

Cancel

Pay and Enroll

#5

ENROLL AND ENJOY :)

🔄 Seats are reserved

09:43

Checkout



Mission Ready: A Faith & Wellness Course for Pre-Missionaries



📖 Course

📄 View Summary

PMETSY X

\$50 \$0

Listing Subtotal

\$50

Total Discount

\$50

TOTAL

\$0

Promotion Code(s)

Enter Promotion Code(s)

Apply

Cancel

Enroll