

# Why Pastor Strong Matters: Supporting San Antonio's Spiritual Leaders

## 60%

### Pastors Experience Burnout

Studies reveal most pastors face significant stress impacting their health and ministry effectiveness.

## 50%

### Report Depression

Nearly half of all pastors experience symptoms of depression or anxiety during their ministry.

## 40%

### Increased Longevity

Strong pastoral relationships can increase ministry longevity and reduce isolation.



### Shared Meals

Regular gatherings where pastors break bread together in a relaxed, judgment-free environment.



### One-on-One Coaching


Personalized support addressing the unique challenges pastors face in their ministries.



### Spiritual Retreats

Dedicated time away to refresh, renew, and reconnect with God and fellow pastors.

Pastor Strong creates a vital community where San Antonio's spiritual leaders find authentic connection and holistic support. By nurturing pastors' well-being, we strengthen entire congregations and communities across our city.

 **Join Pastor Strong today** to build lasting bonds, refresh your spirit, and sustain your calling with others who understand your journey. Because healthy pastors lead thriving churches.