

A New Initiative for the Wellness of Children and Communities: A Mental Health Awareness Event with U.S. - Japan Experts

□Heartfulness × Hip-Hop Therapy × Expressive Arts Therapy □“M.O.F.U.” to Be Held for the First Time in Katsushika, Tokyo

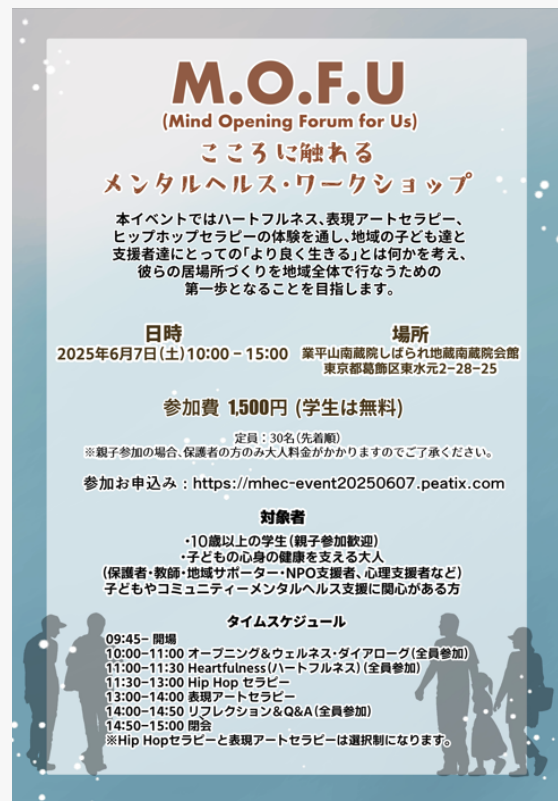
TOKYO, CA, JAPAN, May 30, 2025
/EINPresswire.com/ -- On Saturday, June 7, 2025, a [mental health](#) awareness event titled “M.O.F.U (Mind Opening Forum for Us) — Aware, Feel, Connect: A Mental Health Workshop That Touches the Heart” will be held at Nanzoin Hall, Narihira-san Nanzoin Temple, located in Katsushika-ku, Tokyo.

<Event Overview>

- Date & Time: Saturday, June 7, 2025, from 10:00 AM to 3:00 PM (Doors open at 9:45 AM)
- Venue: Narihira-san Nanzoin, Nanzoin Hall (2-28-25 Higashimizumoto, Katsushika-ku, Tokyo)
- Participants: Students aged 10 and up, their parents/guardians, educators, community supporters, NPO workers, mental health professionals, and students
- Registration URL: <https://mhec-event20250607.peatix.com>
- Contact: mentalhealthec@gmail.com



Event main image



Event Flyer 1

<Hosted by>

- Mental Health Environmental Change Project (MHEC) (non-profit organization)
 - Heartfulness Association
 - Doctor in da House
- Co-organized by:
- Madoka Project

Event Information:

“Mental health care should be a part of everyday life.”

This event is designed for children and their supporters — including parents, educators, community supporters, nonprofit organizations, and mental health professionals — to experientially learn about mental health care and [wellness](#) (a harmonious state of mind and body).

Featured programs include:

- Heartfulness experience by world-renowned psychologist Dr. Steven Murphy-Shigematsu (Stanford University), who advocates for "Heartfulness"
- Hip-Hop Therapy workshop by Japanese pioneers in the field — a psychiatrist and a psychosomatic medicine doctor.
- Expressive Arts Therapy led by an U.S. psychotherapist who is a leader in global [community mental health](#).

Through dialogue and experiential activities, participants will be invited to explore and connect with their inner selves.

Why This Matters:

In Japan, mental health stigma and difficulty accessing support remain serious challenges — especially for children. Many children have limited opportunities to express emotions or seek help in a safe environment. Delayed emotional care in childhood can lead to increased psychological distress later in life.

This event aims to break down barriers between education, healthcare, psychology, and community and to become a new step forward in nurturing the mental well-being of children and their supporters together with the community.

Main Sessions & Speakers:

- Wellness Dialogue (All participants)
- Heartfulness Session: Facilitator-Dr. Steven Murphy-Shigematsu (Psychologist, Stanford University)
- Hip-Hop Therapy Session: Facilitator - Dr. Makidashi (Japan-Psychiatrist), Wu Docc (Japan-Psychosomatic Physician)

◆Heartfulness Association
(ハートフルネス・アソシエーション)

スタンフォード大学の心理学者であり、
「Heartfulness (ハートフルネス)」の提唱者として知られる
スティーブン・マーフィー・モリス氏が代表を務める団体。
日本人の心の健やかさや、真のウェルネス (心身の健康と調和)
の実現を目的に、さまざまな活動を行っている。
著書『From Mindfulness to Heartfulness』、
「スタンフォード大学の心と魂の探求」など。

◆特定非営利活動法人メンタルヘルス
環境向上プロジェクト (MHEC)

日本と米国の心理専門家と、地域に根ざした非専門家である
コミュニティリーダー達が連携し、
個人の心のサポートにとどまらず、すべての人が
より健やかな心を持つ社会の実現を目指す団体です。
「こころの支援が必要な方が、いつでも当たり前に、
必要な支援を受けられる環境をつくる」をミッションに掲げ、
心理支援、心理教育、情報提供などを通じて、
誰もが抱えず、社会全体で心の健康を支え合える
仕組みづくりに取り組んでいる。

◆まどかプロジェクト
(代表 日吉 円順)

まどかプロジェクトは、「専門家による
地域に根付いたおてら相談窓口」として、
あらゆるつながりを尊重し、私たちの生活に
活かしていく取り組みです。
ケアラズカフェや心理カウンセリング、
音楽療法、食療など様々なワークショップや
活動を展開しています。

◆Doctor In Da House

精神科医、心療内科医、音楽アーティストや作家、
マネジメントクルーからなるクリエイティブ・チーム。
日本で初めてワークショップにヒップホップセラピーを導入した団体でもある。
「こころの繋がりがしやすい社会」を目指すべく、ワークショップや音楽・トークイベントなど、
親しみやすいフォーマットを通してメンタルヘルスへの関心を高める活動を行う。

20250607 10:00-15:00 9:45

2-28-25

10 NPO

URL <https://mhec-event20250607.peatix.com> mentalhealthec@gmail.com

Heartfulness Dr.

Dr. Docc

EXA

Q&A

Heartfulness

Association

Doctor in da House

MHEC

MHEC

mentalhealthec@gmail.com

<https://www.mentalhealthec.org/-->

Manami Yamamoto

Mental Health Environmental Change Project

[email us here](#)

Visit us on social media:

[Instagram](#)

[Facebook](#)

[YouTube](#)

[Other](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/817603054>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.