

Anchored in Faith

A Catholic Parent's
Handbook for Supporting
Faith Beyond High School





PREFACE

What is Campus Ministry?

When it comes to preparing for college, you've probably already tackled a list as long as your arm—packing boxes, researching majors, and maybe even scoping out the best coffee shops around campus. But have you thought about where your child's faith will fit in this new chapter? That's where campus ministry comes in—a place where faith and everyday life meet, right on campus, with a welcoming community ready to support your child's spiritual journey.

At its core, campus ministry is like a home away from home for faith. It's a place where your child can deepen their relationship with Christ, make lasting friendships, and grow spiritually while navigating the ups and downs of college life. Sure, it often starts with Sunday Mass, but it goes so much further: retreats that offer moments of reflection (sometimes with s'mores around a campfire), service projects that bring faith into action, and small groups where big questions are met with understanding and encouragement.



What to Expect from Campus Ministry

Every campus ministry is unique, but here's what your child might find as they step into this new faith community:

- **Mass and Sacraments:** Your child will have regular access to Mass, confession, and Eucharistic Adoration, giving them opportunities to strengthen their relationship with God in the midst of busy college schedules.
- **A Built-In Faith Family:** From study groups that begin with prayer to social events that end with a game of cards, campus ministry offers fellowship that makes even the most unfamiliar places feel like home.
- **Retreats and Faith Formation:** These experiences give students time away from the everyday grind to reflect, connect with peers, and deepen their understanding of faith.
- **Service Opportunities:** Campus ministry brings faith to life through outreach, social justice work, alternative spring breaks, and community service, helping students live out the Gospel message.
- **Spiritual Guidance:** Campus ministers, priests, and lay leaders are there to walk alongside your child, offering support, answering tough questions, and providing mentorship when it's most needed.

Making Campus Ministry Part of the College Experience

Choosing a college is a big deal, and finding a strong campus ministry can be just as important as selecting a major or picking the right dorm. Encourage your child to visit the campus ministry center, chat with campus ministers, and check out the programs during college tours or orientation. A vibrant campus ministry can be a spiritual anchor that helps your child stay grounded in their faith and navigate the twists and turns of college life with grace and courage.

Why It Matters

College life is a whirlwind of new experiences, challenges, and opportunities. It's a time when many young adults seek to understand who they are and what they believe. Campus ministry meets them in that search, offering a supportive environment to grow in faith, ask questions, and discover how to live as disciples of Christ in today's world. It's about making sure your child knows they're never alone on their journey—God is always with them, and so is their new faith family.





INTRODUCTION

A New Chapter for Your Family

Congratulations!

You've made it through the whirlwind of high school, countless practices, recitals, late-night study sessions (and, let's be honest, a few midnight snack runs). Now, the next chapter begins—for both your child and you.

Sending your child off to college, the military, or whatever adventure they've chosen can feel like riding an emotional rollercoaster. One minute, you're cheering them on; the next, you're tearfully scrolling through baby photos. But here's the good news: while your role as a parent is shifting, it's far from over.

This guide is your companion for navigating these uncharted waters with grace, faith, and (hopefully) a few good laughs. We'll explore how to support your child's faith journey without micromanaging (yes, easier said than done!), offer practical tips for staying connected, and dive into what you can expect from campus ministry life, military chaplaincy, and beyond.

Think of campus ministry as a spiritual home base where your child can anchor themselves during the stormy seas of college life. Whether they're attending Mass, building friendships in small groups, or finding moments of quiet prayer in a chapel on campus, campus ministry offers support, encouragement, and plenty of chances to grow in faith alongside their peers. For many students, it becomes the place where they truly make their faith their own.

So, grab your favorite coffee
(or calming tea)—let's do
this together!



A Peek at What's Inside:

- **Letting Go Without Losing Touch:** Balancing independence and connection—it's a dance we'll help you master (no two left feet required!).
- **Finding Faith-Based Communities:** From campus ministries to local parishes, discover how to support your child in building meaningful connections.
- **Practical Life Tips:** Time management to handling roommate woes, we've got some tricks to ease their transition—and yours.
- **Trusting God's Plan (Even When It's Hard):** Lean into scripture, reflections, and a few saintly words of wisdom to keep your faith strong as you cheer them on from the sidelines.

St. Augustine nailed it when he said, “Faith is to believe what you do not see; the reward of this faith is to see what you believe.” You’ve laid the foundation—now it’s time to trust that faith will continue to grow. Let’s embark on this journey with hope, trust, and a light heart!





CHAPTER

Letting Them Take Ownership of Their Faith

“Do not wish to be anything but what you are, and try to be that perfectly.” — St. Francis de Sales

Scripture Reflection:

“For we walk by faith, not by sight.” — 2 Corinthians 5:7

Catechism Insight:

“Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.”

— Catechism of the Catholic Church (CCC) 2252

You've dedicated years to nurturing your child's faith—through bedtime prayers, Mass on Sundays, and those “I-can't-believe-you're-asking-this” faith questions at the dinner table. Now, it's time to trust in the foundation you've built, as they step into adulthood. While you may not be their day-to-day guide anymore, you can trust the seeds of faith you've planted are still there, ready to blossom.

One of the most powerful ways your child can take ownership of their faith is by engaging with campus ministry. Whether they find comfort in daily Mass, build friendships in small groups, or explore service opportunities, campus ministry can be a place where their faith grows beyond what they've known at home. Encouraging them to connect with this community helps ensure their spiritual journey continues with new depth and independence.



Tips for Building a Healthy Connection:

- **Give Them Space:** We know—it's tempting to text, "Did you go to Mass today?" Resist! Trust that their faith journey will unfold, even if it takes unexpected detours.
- **Open (but Chill) Communication:** Let them know you're here for faith talks, but don't pounce every time they mention Sunday plans. (Yes, even if their "plans" involve brunch and not the pews.)
- **Be Curious, Not Judgmental:** Ask how they're finding God in their daily life—or what challenges they face. Be their safe space, not their spiritual micromanager.

Action Step:

Take a moment to chat with your child about their spiritual goals for the first semester. Keep it low-key! Encourage them to think about how they want to weave faith into their everyday life—and then support them with a smile (and maybe a few home-baked cookies).

Prayer for Trusting God with Their Faith

Heavenly Father, as my child takes steps to own their faith, help me trust in the foundation You've built in their heart. Give me peace in knowing that Your hand is guiding them, and help me be a source of love and support. Amen.



CHAPTER

Connecting Them to a Faith Community

Scripture Reflection:

“For where two or three are gathered in my name, there am I among them.” — Matthew 18:20

Catechism Insight:

“The human person needs to live in society. Society is not for him an extraneous addition but a requirement of his nature. Through exchange with others, mutual service, and dialogue with his brethren, man develops his potential; he thus responds to his vocation.”

— CCC 1879

If you've ever worried that your child might consider a group of fellow students binge-watching Netflix their new "faith community," you're not alone! The transition to college, the military, or a new job brings plenty of challenges, but there's good news: campus ministries, Newman Centers, and local Catholic communities are ready to welcome your child with open arms.

Your child might have grown up with a strong faith community under your roof (and at times, under your watchful eye), but now it's time for them to discover a new spiritual family. Campus ministry offers a home base—a place where they can share meals, engage in service, pray together, and form bonds with peers who share their faith. Whether they connect with a Newman Center, campus ministry, or a local parish, these communities offer friendship, spiritual growth, and a place to belong.

So, take a deep breath and trust that God is already at work in the people and places your child will encounter.



Tips for Helping Your Child Find Their Faith Crew:

- **Suggest, Don't Nag:** Casually mention they might want to check out the local Newman Center, without a 10- minute lecture on why it's a "must." (We know you mean well!)
- **Connect Before They Go:** Use Newman Connection to help them find a campus or military chaplain before they even arrive on campus. No one likes being the "new kid on the block". You can help lighten the load by ensuring they know a friendly face on Day One.
- **Encourage Participation:** Gently nudge them toward Mass, social events, campus ministry retreats, or service projects. Faith isn't all about solemnity—there's joy and laughter too!

Action Step:

Help your child research faith communities at their new location before they leave home. You can sign up for Newman Connection's Outreach Program to make this process easy and connect them to their campus or the military's local Catholic community.





The Support They Need:

- **Mentors Make a Difference:** Encourage your child to connect with a campus minister, priest, or spiritual director who can guide them spiritually. Sometimes hearing advice from someone besides Mom or Dad really hits home!
- **Faith-Filled Friendships:** It's true—our friends shape us. Encourage your child to find friends who lift them up in faith, even when life gets tough (or when they're tempted to skip Sunday Mass for pancakes).

Prayer for Finding Community and Godly Friendships

Lord, guide my child to a community where they can grow in faith and find support. Surround them with faithful friends and mentors who will strengthen their relationship with You. Amen.



CHAPTER

Understanding How You Both Feel

Scripture Reflection:

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” — John 14:27

Catechism Insight:

“Filial respect is shown by true docility and obedience. ‘My son, keep your father’s commandment, and forsake not your mother’s teaching.’” — CCC 2216

There's nothing quite like packing up your child's room and finding forgotten trophies, old science fair projects, and enough childhood drawings to wallpaper your house. It's bittersweet, isn't it? This moment of change brings tears, laughs, and a mix of hope and worry—kind of like sending your kid off to their first day of kindergarten, only with less glue sticks and more phone chargers.

Jesus said, "Peace I leave with you; my peace I give to you." Easier said than done, right? But even in this time of change, God's peace can be a steadying force. For many parents, knowing their child is connected to a strong campus ministry brings comfort, as it provides a place to turn when they're feeling overwhelmed or seeking deeper meaning. Like Mary had to let go of Jesus as he stepped into his mission, you're being called to trust and release your child into God's hands. (Just don't forget to remind them to call home!)



Tips for Surviving—and Thriving—Together:

- **Listen to Their Worries (Without Gasping):** When they share concerns or falls, try to keep a poker face. You're their safe place, not their panic alarm. Encourage them to talk about any anxieties related to new faith challenges or the campus ministry experience.
- **Share Your Own Feelings (Gently):** It's okay to say, "I'm going to miss you," but make sure it doesn't sound like "I'll be a mess without you." Reassure them that you're proud of their independence.
- **Find a New Ritual:** Maybe it's weekly calls, sharing funny memes, or sending handwritten letters (they'll love the novelty). Connection doesn't have to fade—it just looks different.

Action Step:

Set aside time for a heart-to-heart about the upcoming changes. Share how you're feeling, listen to their thoughts, and make a plan for how to stay connected. No guilt trips—just love and understanding.

Prayer for Peace in Transition

Lord, help me and my child find peace in this time of transition. Calm our hearts, remind us of Your presence, and fill us with trust in Your loving plan. Amen.



CHAPTER

Staying Connected Without Hovering

Scripture Reflection:

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.” — Jeremiah 29:11

Catechism Insight:

“Parents should respect and encourage their children’s vocations. They should remember and teach that the first calling of the Christian is to follow Jesus.”

— CCC 2232

Think back to teaching your child how to ride a bike: at first, you held on tightly, running alongside. But eventually, you had to let go (even if you secretly jogged behind, ready to catch them). That's kind of where you are now—only with fewer scraped knees and more adulting challenges. Staying connected without hovering is a balancing act.

God reminds us that He has plans for our children, even when we can't see every step. As parents, we're invited to imitate His way of loving—being present, but not overbearing; supportive, but not smothering. It's like being the coach on the sidelines who offers encouragement, not the one who runs every play on the field. In this new phase, campus ministry can act as a supportive 'co-coach,' offering encouragement and guidance alongside you. Knowing your child is part of a faith-filled community can help you find peace as you give them the space to grow.



Tips for Healthy Connection:

- **Establish Check-Ins (but Don't Overdo It):** Aim for weekly or biweekly calls or messages. Think of it as a friendly “Hey, how’s it going?” instead of an interrogation.
- **Trust Their Choices (Even the Weird Ones):** Remember, you raised them with values. Trust that those values didn’t vanish overnight when they ate ramen for breakfast. Trust that their campus ministry involvement will continue to shape their choices and provide a positive influence.
- **Be Available, Not Overbearing:** Make sure they know you’re there when needed but respect their need to grow on their own. Campus ministers and mentors are also there to guide and support, so you don’t have to carry every worry.

Action Step:

Set a regular time for check-ins (maybe after Sunday Mass), but let your child be the one to reach out sometimes too. It shows you trust them—and gives you both something to look forward to.

Prayer for Wisdom in Connection

Lord, help me find the balance between staying connected and giving my child space to grow. May I always be a source of love and support, trusting Your guidance in their life. Amen.



CHAPTER

Encouraging Growth Through Service

“Preach the Gospel at all times. When necessary, use words.” — St. Francis of Assisi

Scripture Reflection:

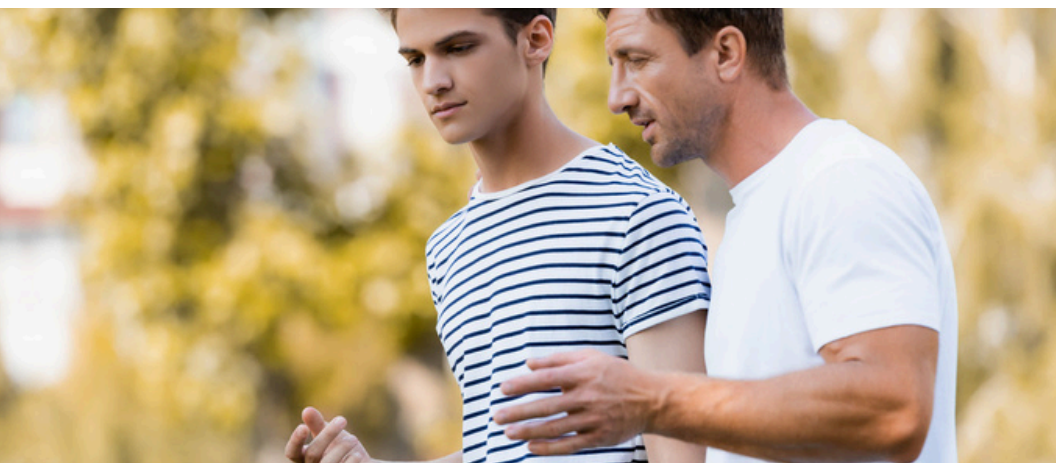
“Whatever you did for one of the least of these brothers and sisters of mine, you did for me.” — Matthew 25:40

Catechism Insight:

“The Church’s love for the poor...is a part of her constant tradition. Inspired by the Gospel of the Beatitudes, the love of Christ for the poor is a part of her constant tradition.” — CCC 2444

Service is one of the best ways for your child to grow in faith—and no, we're not just talking about reluctantly helping you carry in groceries. Real service, the kind that changes hearts, allows them to experience God's love firsthand by offering it to others. Campus ministry often organizes service projects, community outreach, and mission trips (alternative spring breaks), giving students meaningful ways to put their faith into action and make a tangible impact.

In the words of St. Francis of Assisi, sometimes actions speak louder than words (especially for young adults who may have heard enough lectures). Encourage your child to find ways to live out their faith through service—be it through campus ministry projects, local parish events, or simply being kind and helpful in daily interactions. Not only will it deepen their faith, but it'll create stories they can't wait to share—and maybe even teach them to appreciate those grocery trips a little more.



Tips for Encouraging Service:

- **Point out the Joy, not the Obligation:** Frame service as an opportunity to meet new friends, make a difference, and have some fun—not as a box to check.
- **Support Without Nagging:** Share ideas and opportunities, but let them take the lead. Trust me—they'll be more invested if it's their choice, not yours.
- **Celebrate the Small Wins:** Whether they help with a campus food drive or spend time visiting the elderly, remind them that every act of love matters.

Action Step:

Encourage your child to explore service opportunities through their faith community. When they do, celebrate their choices and let them know how proud you are of their compassion.

Prayer for Growth Through Service

Lord, open my child's heart to serve others as You have served us. May their faith come alive through acts of love and compassion. Amen.



CHAPTER

Helping Your Child Navigate the Transition from High School to College

“Go forth and set the world on fire.”

— St. Ignatius of Loyola

Scripture Reflection:

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.”

— Proverbs 3:5-6

Catechism Insight:

“Parents must regard their children as children of God and respect them as human persons. Showing themselves obedient to the will of the Father in heaven, they educate their children to fulfill God’s law.”

— CCC 2222

Sending your child off to college or into the next chapter of their life feels a bit like watching them climb a huge rollercoaster—exciting, nerve-wracking, and out of your hands once they reach the top. St. Ignatius’ words remind us to encourage our children to “set the world on fire,” but it’s okay if part of you wants to wrap them in bubble wrap first.



Just like Moses’ mother trusted God as she placed him in the river, we, too, are called to release our children with faith, even amid uncertainty. The transition from high school to college is one of newfound freedoms, tricky responsibilities, and opportunities to practice the values you’ve instilled. Connecting with a campus ministry or Newman Center can offer a lifeline of support, helping your child anchor themselves in their faith and providing a space for spiritual growth amid all the changes. And while this stage is theirs to navigate, your love and support remain their steady compass.

Understanding the Key Differences Between High School and College:

- **Academic Independence:** Unlike high school, college life won't involve teachers reminding them about every deadline. Your child will need to take ownership of their schedule, assignments, and time management. Encourage them to develop a routine, use planners or apps, and take breaks when needed. Campus ministries often offer study groups or quiet prayer rooms to help students focus academically while nurturing their faith.
- **Social Independence:** College brings a whole new social dynamic. Encourage your child to seek friendships that align with their values through campus ministry, service groups, or clubs. These connections will be vital for their well-being and growth. Many campus ministries host social events, retreats, and small groups, making it easier to meet friends with shared values.
- **Unstructured Freedom:** The sudden independence can be exciting but overwhelming. Discuss how to navigate temptations and stay grounded in their faith.

Tips for Easing the Transition:

- **Be Real About Independence:** College means they'll have to manage their time (yes, including laundry) without your gentle—or not-so-gentle—reminders. Help them practice setting a routine now.

- **Find a Faith Anchor:** Encourage them to connect with a campus ministry, Newman Center, or faith-based group for support and community.
- **Discuss Finances Without Fear:** Budgeting might seem less glamorous than new classes, but it's essential. A conversation about money (maybe over their favorite meal) can set them up for success.
- **Celebrate Milestones:** Big or small, recognizing their achievements—whether it's a great exam grade or making a new friend—will strengthen your bond and reinforce their confidence.

Action Step:

Talk openly with your child about what excites and worries them about the upcoming transition. Offer practical advice for managing their new responsibilities and encourage them to stay connected to their faith.

Prayer for Navigating the Transition

Lord, as my child embarks on this new chapter, guide them with Your wisdom. Help them find balance in their responsibilities and grow in confidence and independence. May they always seek Your guidance in times of challenge and joy. Amen.





CHAPTER

Supporting Mental Health and Well-Being

Scripture Reflection:

“Cast all your anxiety on Him because He cares for you.”
— 1 Peter 5:7

Catechism Insight:

“The care of physical health is a moral obligation for oneself and others. Temperance disposes us to avoid every kind of excess: the abuse of food, alcohol, tobacco, or medicine.” — CCC 2288

College life can feel like a whirlwind—and that's not just because of late-night study sessions or navigating dorm life. As your child faces new pressures, from academics to social challenges, it's important to help them understand that caring for their mental health is just as crucial as acing exams or making friends. Many campus ministries offer resources such as support groups, counseling referrals, and quiet spaces for prayer and reflection, creating a safe place for students to process their challenges.

St. Peter's words remind us to place our anxieties in God's hands. As parents, we're invited to be that comforting presence for our children—listening without judgment and supporting without smothering. Caring for their mental well-being honors their dignity as children of God. Encouraging your child to seek professional help or lean on their faith doesn't make them weak—it shows profound strength and wisdom.



Recognizing Signs of Struggle:

- **Changes in Sleep or Eating Patterns:** Sudden changes like excessive sleeping, insomnia, or appetite shifts can indicate stress or anxiety.
- **Emotional Outbursts or Withdrawal:** Pay attention if your child becomes unusually irritable, moody, or withdrawn. These may be signs they're struggling to cope. Encourage them to talk to a trusted campus minister or counselor if they feel overwhelmed.
- **Lack of Interest in Activities:** If they lose interest in things they once enjoyed, it may be a signal to check in.

How to Respond with Compassion and Support:

- **Start the Conversation Gently:** Open the door with genuine care: "I've noticed you seem overwhelmed lately. I'm here if you'd like to talk." Be patient if they're not ready right away.
- **Listen Without Rushing to Solutions:** Create a space where they can express their feelings without fear of being "fixed" or judged. Sometimes, simply being heard makes a world of difference.
- **Offer Practical Support and Resources:** Encourage them to seek counseling or spiritual direction, and remind them that faith can offer comfort, even in tough times. Campus ministries often have connections to mental health resources and can guide students in seeking support.

Tips for Nurturing Mental Well-Being:

- **Keep the Lines Open:** Create a safe space for your child to talk about how they're feeling. Texts like "I'm here if you need to vent" can go a long way.
- **Know the Signs:** Watch for changes in sleep, eating, or social habits. Trust your gut—if something feels off, it might be time for a deeper conversation.
- **Model Self-Care:** Share your own ways of handling stress—whether it's prayer, exercise, or calling a friend. It shows them they're not alone.

Action Step:

Sit down for a heartfelt chat, letting your child know you're there to listen without judgment. Encourage professional help if necessary, and discuss creating a routine that prioritizes mental, spiritual, and physical well-being.

Prayer for Mental and Emotional Health

Lord, I ask for Your protection over my child's mind and heart. Give them peace in moments of anxiety and strength when they feel overwhelmed. Surround them with the support they need to thrive, and help me be a loving and compassionate presence in their life.

Amen.





CHAPTER

A Final Word of Encouragement— Trusting in the Journey

“Pray, hope, and don’t worry. Worry is useless. God is merciful and will hear your prayer.” — St. Padre Pio

Scripture Reflection:

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.” — Jeremiah 29:11

Catechism Insight:

“Parents should respect and encourage their children’s vocations. They should remember and teach that the first calling of the Christian is to follow Jesus.”
— CCC 2232

You've done an amazing job raising your child, nurturing their faith, and watching them grow. Now, as they step into this next chapter, you might feel a mix of pride, excitement, and let's be honest—a little anxiety. That's perfectly normal! Just as you guided them through their first steps, you've laid a strong foundation that they'll carry forward, even when you can't be there to offer a helping hand.



Letting Go and Letting Grow:

- **Trust the Foundation:** Remember those bedtime prayers, Sunday Masses, and heart-to-heart talks? Those seeds of faith you've planted will keep growing, even when you're not physically present.
- **Surround Them with Prayer:** Your love and guidance may look different now, but prayer remains a powerful way to stay connected and offer support.

Trust in God's Plan:

- **Lean on Your Faith:** When worry creeps in (and it will), lean into your faith. God's plan for your child is crafted with love and wisdom, even if it doesn't always unfold the way you expect.
- **Encourage Their Trust in God:** Remind your child that they're never alone. God walks with them every step of the way, through every joy and challenge. Being part of a supportive faith community like campus ministry can remind them of God's presence during difficult moments.

Staying Connected:

- **Celebrate Successes:** Every call, text, or video chat is a chance to celebrate their achievements—no matter how big or small. Be their cheerleader from afar!
- **Offer Support Through Challenges:** When life gets tough, remind them that your love is constant, and your support is only a call away.



**Action Step:**

Trust in your child's ability to grow and in God's plan for their journey. Celebrate their successes and provide loving support during challenges, surrounding them with your prayers.

Prayer for Trusting in the Journey

Lord, I trust in Your plan for my child. Give me peace in moments of uncertainty and help me continue to guide them with love, faith, and prayer. Walk with my child through this new chapter and strengthen their faith along the way. Amen.



POST-GRADUATION RESOURCE LIST

Tools to Support Your Child's Faith Journey

On the next page there are some valuable resources to help your child stay connected to their Catholic faith, no matter where college life takes them:

- **Newman Connection:** This platform connects students and parents with Catholic campus ministries and Newman Centers across the country. It's a great way for your child to find a Catholic community before arriving on campus. www.newmanconnection.org
- **Hallow App:** A Catholic app for guided prayer, meditation, and spiritual reflection. It's an excellent resource to encourage your child to build a daily prayer routine amidst their busy schedule. www.hallow.com
- **Formed:** Offering Catholic movies, podcasts, studies, and more, Formed is a robust digital library to help your child engage with their faith on a deeper level. www.formed.org
- **Busted Halo:** This resource provides young adults with engaging podcasts, articles, and practical advice on navigating faith and life. www.bustedhalo.com
- **Called App:** This app is designed to support ministry leaders, students, and families in building and strengthening faith-based communities. It offers tools for communication, event organization, and tracking engagement within Catholic ministries, creating an easy way for your child to stay connected and involved. www.called.app

CHECKLIST

Preparing Your Child for College with Faith

Here's a quick checklist to help you prepare your child to stay connected to their faith during college:

- ☐ Research the nearest Newman Center or Catholic campus ministry together.
- ☐ Have a meaningful conversation about their faith goals and how they can continue growing spiritually.
- ☐ Encourage them to set specific spiritual goals for their first semester (e.g., attending weekly Mass, participating in a service project).
- ☐ Discuss the value of finding a mentor for spiritual guidance and support.
- ☐ Help them download Catholic apps like Hallow or Called to integrate faith into their daily life.
- ☐ Talk about how you'll stay in touch with them about their spiritual journey throughout the semester.





CHAPTER

Our Commitment: We're Here to Support You and Your Child

As your child steps into a new chapter of life—whether that means college, military service, or a different path—know that you're not in this alone. Newman Connection is here to support both of you during this time of transition. Our mission is simple: to help young adults stay rooted in their Catholic faith, build vibrant communities, and grow spiritually through every twist and turn of life's journey.

For those heading to college or serving in the military, Newman Centers and Catholic campus ministries are ready to welcome them with open arms. These communities offer opportunities to attend Mass, build meaningful friendships, participate in service projects, and receive spiritual guidance—all within a supportive and faith-filled environment.



For students taking other paths—like entering the workforce, exploring trade school, or pursuing a unique calling—faith and community remains just as vital. Parish involvement, online faith resources, and spiritual mentorship can keep them connected and grounded in their Catholic faith, no matter where life leads.

By choosing Newman Connection, you're ensuring that your child has access to a network of faithful friends, mentors, and opportunities that will enrich their spiritual life. We are honored to be part of this journey with you and your family, serving as a bridge between high school, young adulthood, and the next steps in your child's faith life.

Together, let's ensure that your child's faith continues to flourish. Thank you for trusting Newman Connection to walk with you every step of the way.



Connect Your
Student to Campus
Ministry



Learn More
About Newman
Connection



Anchored in Faith

*A Catholic Parent's
Handbook for Supporting
Faith Beyond High School*

