

# North Texas Mother and Educator Tackles Mental Health in the Face of Pandemic



House of Shine museum opens with special programs to inspire self discovery, talent and community

## NEWS RELEASE BY HOUSE OF SHINE

**GRAPEVINE, Texas | December 07, 2020 01:45 PM Central Standard Time**

As the pandemic rages on, studies from the **Centers for Disease Control and Prevention** reflect rising levels of anxiety and depression among Americans. The public health crisis has especially devastating effects on youth, according to the **Center for Promise at America's Promise Alliance**, whose recent study reported 30% of teens depressed or unhappy as a result of social isolation.

Enter **House of Shine**. Located near Grapevine's Main Street, House of Shine is a new, interactive and **free** museum **located at 334 S. Barton St. in Grapevine**. House of Shine invites guests ages 5 to 95 years into a journey of self-discovery, helping them identify their talents and interests and uncover avenues to share in community both for personal fulfillment and to better our world.



House of Shine opens in North Texas with interactive museum and special programs to inspire youth, educators and adults of all ages

The grant-funded museum is new, but the methodology is not. Founder Claudia Beeny, a 30+ year college educator, mother and author of “What’s Your Shine?,” has spent more than a decade developing the SHINE methodology to help people discover their shine and bring it to practice through educational programs, classes and workshops for schools, youth, teens and women across North Texas and the nation.

“It’s no doubt that the coronavirus has changed the way we do life — the way we interact with each other; the way we translate struggle and adversity; and the way we understand our own mental health. Isolation can cause us to believe terrible lies about our future, our hopes and our value. It’s important that we have candid conversations about mental health during this unique time,” said Beeny, who serves as House of Shine Executive Director. “You could call us crazy to open an event space during this time, but we felt it more necessary than ever. Especially now, in the face of the pandemic, we need to find our purpose, and we do that best in community.”

House of Shine’s museum helps guests answer questions like: ***Who am I? How can I cultivate my gifts? How do I share them?*** Several interactive stations (both indoor and outdoor) empower students, adults, educators and parents to raise self-awareness and

become more confident and engaged. During the pandemic, House of Shine has typical safety protocols in place (masks required, limited capacity, social distancing, hand sanitizing, etc.).

The new space offers six key areas: a bright, interactive museum; a room for workshops and special events; a volunteer space; a community gathering area; and a school bus-inspired space for story time, art classes, parties, field trips and more, as well as a developing outdoor space. A rich program calendar of workshops and special events encourages *ongoing* discovery. For those seeking self-discovery and growth, the Discover Your Strengths, Name Your Year and Enneagram programs are offered. Youth enjoy StrengthsExplorer, Journaling, Volunteer Days and What's Your Shine workshops designed to build the leaders of tomorrow. Kids' Storytime and Shineworks crafts suit even the youngest of guests. Women enjoy networking and empowerment in the monthly Rise and Shine workshops. Let's Talk About Things That Matter roundtables, book clubs and other special programming round out the list of offerings. Some programs have a fee; all are available by purchasing tickets or memberships at

<https://www.houseofshine.com/whats-your-shine/programs/>.

Visit [www.houseofshine.com](http://www.houseofshine.com) and [www.houseofshine.com/calendar](http://www.houseofshine.com/calendar) for more information.

### **About House of Shine**

House of Shine is a 501 (c)(3) nonprofit organization founded in 2007 by Dr. Claudia Beeny, a 30+ year educator and author, who brought numerous programs to students via in-school K-12 curriculum, teaching tools, school assemblies, leadership experiences and self-discovery workshops. In 2020, House of Shine opened its first nonprofit, interactive museum in the heart of Grapevine, Texas, dedicated to the study of you. House of Shine now offers a rich calendar of workshops, classes and special events for students, adults, parents and others looking to explore who they are and why their contribution matters to the world. Visit [www.houseofshine.com](http://www.houseofshine.com) for more information.

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## Tags

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