

## EVENT DETAILS

# SUNDAY

10 SEPTEMBER 2023

Old Courthouse Sq,  
Santa Rosa, CA 95407

10:00am - 1:00pm



FREE &  
OPEN TO  
ALL!

Share Hope Together  
FOR SUICIDE PREVENTION

KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

SUICIDE PREVENTION WEEK: SEPTEMBER 10TH - 16TH, 2023  
WORLD SUICIDE PREVENTION DAY: SEPTEMBER 10TH, 2023



## Join Us!



## THE POWER OF CONNECTION:

10:00am - 10:15am	Opening Ceremony
10:15am - 10:30am	Opening Remarks
10:30am - 10:50am	Mind-Body Skill Workshop
10:50am - 11:00am	Speak Life: Open Mic
11:00am - 11:15am	Mid-Day Remarks
11:15am - 11:45am	Advance Care Plan Workshop
11:45am - 12:00pm	Speak Life: Open Mic
12:00pm - 12:15pm	Community Presentation*
12:15pm - 12:30pm	Mind-Body Skills Workshop*
12:30pm - 1:00pm	Closing Remarks / Ceremony

\*En Español

## CONNECTION IS PREVENTION WITH COMMUNITY

- ◆ **COMMUNITY RESOURCES**
- ◆ **ENGAGING WORKSHOPS**
- ◆ **INTERACTIVE ACTIVITIES**
- ◆ **SELF-CARE SKILLS**

Come be a part of this enriching experience and discover how fostering connections can be the key to preventing mental health challenges. Together, let's thrive and create a stronger, more supportive community.

FOR MORE INFORMATION, CONTACT:  
MHSA@SONOMA-COUNTY.ORG

