

## EVENT DETAILS

# SUNDAY

10 SEPTEMBER 2023

Old Courthouse Sq,  
Santa Rosa, CA 95407

10:00am - 1:00pm



## 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**

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

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

TAKE ACTION

CalMHSA

KNOW THE SIGNS

## Join Us!

FREE &  
OPEN TO  
ALL!



## 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.

**sonoma county**  
DEPARTMENT OF HEALTH SERVICES

