St.JosephHealth

Presents

PATH TO HOPE

Path to Hope Live is an online educational series on suicide prevention, resilience-building, and dealing with the grief, loss, and mental health challenges of our times. The format of varied presenters and topics pack in heart, lived experience and personal connection. These free events are being offered as a gift to all as we individually and collectively seek balance and renewal in our lives and communities.



Angelina Caporale Chronic Illness and Boundary Guidance

> November 19, 2020 4:00PM-5:30PM



Kelechi Ubozoh Racism and Mental Health

December 3, 2020 4:00PM-5:30PM

Daphne Willis Tools for Coping with Isolation

December 10, 2020 4:00PM-5:30PM



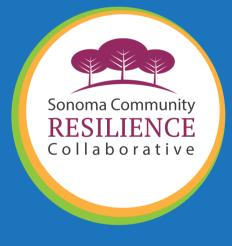
Adrienne Heinz Resilience-Building for Entrepreneurs

> December 17, 2020 8:30AM-10:00AM



Eki Shola Grieving and Healing with Music

> January 7, 2021 4:00PM-5:30PM



Sonoma Community Resilience Collaborative: A Community Heals Itself

> January 14, 2021 4:00PM-5:30PM



Report from the Front Lines: Stories of Lived Experience from our Community Mental Health Service Heroes

> January 21, 2021 4:00PM-5:30PM

For more information or to register, visit: https://www.stjoesonoma.org/community-outreach/upcoming-events

In Partnership









