

Presents

PATH TO HOPE LIVE

SUICIDE PREVENTION EDUCATION SERIES

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