

An Evening of

Hope & RESILIENCE

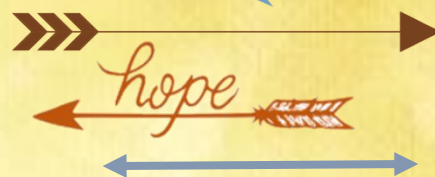
A Resource Night for Mental Wellness & Suicide Awareness

The goal of this evening is to promote wellness and resiliency as well as provide education on how to support anyone who may be struggling with the challenges associated with mental illness or thoughts of suicide.

This evening will include:

- A panel of experts offering conversation and support
- Community resources on mental wellness
- Support for those struggling with depression or anxiety
- Support for those at risk for suicide
- Refreshments/light fare
- Intended audience is Adults 18+
- If needed, childcare will be available

resilience



Wednesday
September 19, 2018

5:30 - 8:00 PM

Tabernacle UMC

83 Main St. Binghamton, NY
Parking/Entrance located in back.

To provide refreshments and childcare for attendees, please RSVP to Tabernacle by September 17th by calling 723-8983 – Monday—Thursday between 10:00 AM and 3:00 PM. If before or after hours, please leave a message with name and number attending and if childcare is needed.

Sponsored by:



Tabernacle UMC



BC Suicide Awareness
for Families and Educators