

September Suicide Prevention Awareness Month Event Calendar




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 	02	03 	04	05	06 Know the Signs Webinar 12 PM-1 PM AGES 18+ 	<i>More Events</i> Senior Matinees Mondays 2 PM Tri-City Wellness Center 
08 YOU ARE NOT ALONE	09  DIDI HIRSCH Exploring Empathy in Action Workshop 1 PM-2 PM	10 LA SUICIDE PREVENTION NETWORK 14th Annual Suicide Prevention Summit 8 AM-4 PM California Endowment	11 LA SUICIDE PREVENTION NETWORK 14th Annual Suicide Prevention Summit 8 AM-4:30 PM California Endowment	12  Paint & Sip 4:30 PM-5:30 PM Almond Haus Café AGES 11-17	13  Community Resiliency Model Training 1 PM-4 PM	Garden Bloomers Tuesdays 10 AM Garden Group Ages 55+ Florece en Tu Manera Tuesdays 2 PM Grupo de jardinería 
15 	16  Let's Get Crafty: Hope & Resilience Collage Workshop 5 PM-6 PM Tri-City Wellness Center AGES 16-25	17	18  Clase de Cocinar Tri-City Wellness Center 1 PM-2 PM Edades 18+	19 Empowering Adults to Support Young Lives 4 PM-5 PM	20  Lotería 5 PM-6 PM Café con Libros	Youth Movie Nights Tuesdays 6 PM Tri-City Wellness Center 
22	23 Senior Retreat Sept 23-27 1-2 PM Tri-City Wellness Center 	24 	25  Paint & Sip 5:30 PM-6:45 PM Almond Haus Café ALL AGES	26	27 Amplify: Voices of Mental Health & Recovery 6 PM-7:30 PM Tea Leaf & Creamery 	Mindfulness through Gardening Wednesdays at 11 AM Garden Group Ages 18+ Baby & Me Group Wednesdays at 6 PM Tri-City Wellness Center 
29 DIDI HIRSCH Alive Together 5K Walk 8 AM-11 AM UCLA Wilson Plaza 	30  Power of Community & Connection Workshop 5:30 PM-6:30 PM	SUICIDE PREVENTION WEEK September 8-14, 2024		Virtual Event In-Person Event		Fathers Group Sept 19 at 6:30 PM Tri-City Wellness Center
		WORLD SUICIDE PREVENTION DAY September 10, 2024				Family Movie Nights Fridays 6 PM Tri-City Wellness Center 



Scan QR Code to RSVP & learn more about our events!

Share how you foster hope & strengthen connections

 @TriCityMHS #SuicidePreventionMonth

Need Support Now?

If you or someone you know is struggling or is in crisis, help is available 24/7. Call or text **988** or chat **988lifeline.org**.

