

# Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020

World Suicide Prevention Day: September 10

National Recovery Month: September



## Behavioral Health and Recovery Services: Community Webinar Events

Questions? Contact: [kconnors@marincounty.org](mailto:kconnors@marincounty.org) or visit the [BHRS Website](#) for future events

### September 3 at 12:00 pm

Held monthly, first Thursday at 12:00 pm.

**Lean on Me: How to Ask for Help.** Facilitators: Maria Rea, LMFT and Kara Connors, MPH, BHRS

### September 8 at 12:00 pm

Held monthly, first Tuesday at 12:00 pm

**MCOE Parent Conversation: Suicide Prevention.** Facilitators: Junita Zuniga, PsyD and Kara Connors, MPH, BHRS

### September 9 at 2:00 pm

Held monthly, first Wednesday beginning October 7 at 2:00 pm

**Marin County Suicide Prevention Collaborative Meeting.**

### September 9 at 7:00 pm

Held monthly, second Wednesday at 7:00 pm

**SOS Allies for Hope.** Survivors of Suicide Bereavement Support Group. Contact 415-492-0614 to get a Zoom link or [SOSinfo@Buckelew.org](mailto:SOSinfo@Buckelew.org)

### September 15 at 9:00 am

**Board of Supervisor's meeting.** Suicide Prevention and Recovery Resolutions presented.

### September 15 at 7:00 pm

**Breaking the Silence: How to Recognize and Discuss the Signs of Suicide in your Teenager.** Presenters: Tim Lea, Buckelew Programs, Jessica Colvin, MSW, MPH, Tam Wellness, and Kara Connors, MPH, BHRS

### September 22 at 12:00 pm Noon

**Opening Up: Where Healing Begins and Stigma Fades.**

A Lunch and Learn Conversation with David Pincus and Richard Knapp, Authors of *Sons of Suicide* with Kelli Finley, NAMI, REAL at Rodef Sholom and Kara Connors, MPH, BHRS. Hosted by: NAMI-Marin

### September 29 at 6:30 pm

**Hablemos sobre la Prevención del Suicidio.** Presentación en español. Presentadoras: Berta Campos-Anicetti, North Marin Community Services and Maria Rea, LMFT, BHRS

### September 30 at 1:00 pm

**Suicide and Substance Use Prevention: What Role Can You Play?**

Presenters: Jeff Devido, MD, MTS, FASAM, Marin HHS, Kara Connors, MPH, BHRS, and Linda Henn, Marin Healthy Youth Partnership