

# YOU'RE INVITED TO A SUICIDE PREVENTION SERIES

Grand Avenue United Methodist Church is hosting a three-part series on Suicide. The goal is to reduce the stigma, shame, and guilt surrounding death by suicide. Join us for this impactful, informative, open, and candid series.

All sessions are **FREE** and will be held at **Grand Avenue Church, 505 W. Grand Avenue, in Port Washington, WI.**

**THURSDAY**  
**APRIL 10**  
**6:30 PM**

## **"Talk Saves Lives"**

Dr. Sara Kohlbeck, Director of Division of Suicide Prevention and Healing at the Medical College of Wisconsin, will provide an overview of suicide, addressing the stigma and the myths. You will gain a deeper understanding of suicide.

**THURSDAY**  
**MAY 8**  
**6:30 PM**

## **Emma's Story**

The Documentary Film, "My Ascension", provided by the Charles E. Kubly Foundation will be shown. My Ascension is the story of the day that changed Emma's life and everything that's happened since.

**THURSDAY**  
**JUNE 12**  
**6:30 PM**

## **"Digging Deeper"**

Tricia Monroe, Program Manager from Milwaukee's Local Outreach to Suicide Survivors will share information on support and valuable resources for healing. You will learn what to say and what not to say to help someone you know.

**LET'S  
BREAK  
THE  
STIGMA!**

**All are welcome to attend, especially High School and Middle School students. RSVP at [www.portumc.com/events](http://www.portumc.com/events) or call 262-284-9478 for more information.**