

# CREATING HOPE FOR SUICIDE PREVENTION

**THURSDAY, SEPTEMBER 26, 2019  
SUNY FREDONIA**

**11:00 a.m.—1:00 p.m. Hopeful Activities and More!**

**Williams Center**

- **Tie Dye**— Bring your own items to tie dye.
- **Hope Flags**— Create your sign of hope on a piece of fabric with hopeful and supportive messages of strength, resiliency and love!
- **Self-Care Journals** – Decorate self-care journals that you can take home. Self-care tips and journal prompts included inside.

**4:30 p.m.—7:30 p.m. Project 22 Movie Screening**

**Williams Center MultiPurpose Room**

Project 22, a non-profit documentary, directed by combat veterans and funded by the community. Two Veterans set out to end a little-known epidemic in America in a 6,500-mile cross-country mission to raise awareness of the high rate of suicide amongst Veterans and to show their brothers and sisters-at-arms that there is hope for them. Project 22 includes interviews with veterans who have found help and support for problems they faced after coming home through various therapies and programs.

Light refreshments will be provided. Panel discussion after viewing.



Co-sponsored by Fredonia's Division of AEED and Department of Student Wellness and Support