

FREE COMMUNITY EVENT

A Documentary Film to Spread Hope and Fight Suicide



20 Young People Die by Suicide Every Day in the United States.

A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed, but propelled her on a mission to use her painful experience to help others find hope and stay alive.

MONDAY, SEPTEMBER 20TH
MONTICELLO COMMUNITY CENTER
505 Walnut Street, Monticello, Minnesota

5:00 - 5:30PM Doors Open, Community Resource Fair

5:30 - 7:15PM Welcome, Screening of "My Ascension"

7:15 - 8:00PM Mental Health, Suicide and Stigma: How Can We Re-Connect?

Join in a panel discussion on how mental health issues affect the community, what individuals can do to fight stigma surrounding suicide, and support those facing mental health challenges.

THIS EVENT IS FREE, BUT DUE TO LIMITED SEATING, REGISTRATION IS REQUIRED.
FOR INFO & TICKETS, VISIT: [HTTPS://MY-ASCENSION-MONTICELLO.EVENTBRITE.COM](https://my-ascension-monticello.eventbrite.com)

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**The Heart and Mind
Connection**
www.theheartandmindconnection.org



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties