



MENTAL FITNESS FORUM

Ending the Silence

TUES, SEPTEMBER 6, 2022
6:30-8:00 PM
FAIRFIELD CENTRAL HIGH SCHOOL
AUDITORIUM

The presentation will focus on mental health awareness & suicide prevention, delivered by a trained team with lived experience. Adults and youth encouraged to attend! There will be a youth-specific session.

Prize drawings! Gas (adults) & Amazon (youth) gift cards

Meal provided! Participation limited to first 75 people who register:

<https://bit.ly/MentalFitnessForum>



Sponsored by the Fairfield Forward coalition
Presentation by NAMI.

