



HEALING THROUGH GROWTH

SUICIDE PREVENTION & AWARENESS EVENT

HOSTED BY

THE ALAMEDA COUNTY OFFICE OF FAMILY EMPOWERMENT

YOU'RE INVITED TO SPEND A POWERFUL DAY WITH US CENTERED ON HEALING, SUPPORT, AND TOGETHERNESS. LEARN HOW WE'RE PARTNERING WITH FAMILIES TO PREVENT SUICIDE BY BUILDING STRONGER BONDS, INCREASING AWARENESS, AND CREATING SAFE SPACES FOR OPEN CONVERSATIONS. CONNECT WITH OTHERS WHO UNDERSTAND, ACCESS SUPPORTIVE RESOURCES, AND FEEL THE STRENGTH OF COMMUNITY.

What to expect

- Honoring Loved Ones
- Learn more about suicide
- Meditation & Reflection
- Food & Refreshments
- Grounding Ceremony
- Resources & Community Support

SATURDAY, SEPTEMBER 13, 2025

12 PM TO 4 PM

DEFREMERY PARK

1651 ADELINE ST.

OAKLAND, CA 94607



PLAN YOUR TRIP >



**Behavioral Health
Department**
Alameda County Health