

Embracing Hope

A Free Speaker Series and Workshop about Suicide Prevention and Hope

Do you or someone you know have the Pandemic Blues? Or are you or someone you know contemplating suicide? These workshops are for you.

Join us for interfaith discussions about suicide awareness, resources, and hope. “Embracing Hope” is live. FREE to the public. All are welcome.

Register online today at:
embracinghope2022.eventbrite.com

Talk Story: Hope for Communities Sat. Sept. 17, 2022, 10 am HST, Zoom

For parents, community and faith leaders:
Let's join...

- **Jeanelle Sugimoto-Matsuda, DrPH** of the Prevent Suicide Hawai'i Task Force;
- **Ernestine Enomoto**, mindfulness practitioner and dharma teacher; and
- **Chad Starr**, a suicide loss survivor, addressing parent-child relationships

Talk Story: Hope for Youth Sat. Oct. 15, 2022, 10 am HST, Zoom

For high school and college students:
Let's join...

- **Deborah Goebert, DrPH** of the Prevent Suicide Hawai'i Task Force;
- **Candice Biernesser, PhD, LCSW** of the University of Pittsburgh; and
- **Chad Starr**, whose 12-year old daughter died by suicide

Workshop: Embracing Strengths Sat. Oct. 22, 2022, 10 am HST, Honolulu

For high school students:

Attend “Sources of Strength,” an interactive suicide prevention program. Learn about safe messaging strategies, protective factors, and tapping into sources of strength, including when to support others. Led by **Deborah Goebert, DrPH** of the Prevent Suicide Hawai'i Task Force.

Held at Community of Christ Church, 2319 Rose St., Honolulu. Face masks recommended.

Register for all three events at:
embracinghope2022.eventbrite.com

Presented by:



BDK Hawaii



Honpa Hongwanji Mission of Hawaii



Samaritan Counseling Center Hawaii

