



# **BREAKING THE SILENCE: MENTAL HEALTH & SUICIDE AWARENESS**

Presented by: LaloBoy Foundation

**Join us for an empowering session focused on recognizing mental health challenges, reducing stigma, and learning practical tools to support loved ones through challenging times.**

This workshop covers topics including:

- key warning signs
- how to start meaningful conversations
- using active listening and nonjudgmental language
- immediate resources, such as hotlines and crisis centers.
- the importance of self-care in mental wellness
- ways to connect with local resources

With each other's support, we can share hope and build a stronger & more resilient community.

## **Andersen Elementary School**

1350 N Pennington Dr, Chandler, AZ 85224

**Tuesday, January 14th at 5:30pm**

Dinner will be provided. Please register in advance to ensure we have enough for everyone.  
Register at [www.laloboy.org/upcoming](http://www.laloboy.org/upcoming)



**SCAN HERE TO  
REGISTER**

📍 Arizona

🌐 LaloBoy.org

☎ 480-612-4656

🌐 English, Español

📷 @laloboyfoundation

⚖ LaloBoy Act HB2459

# **we walk together, not alone**