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NEW JERSEY

Mental Health and Suicide Prevention Educational Workshop in Perth Amboy

The João José 'John' Santos Charitable Organization will hold an educational workshop regarding our Nation's Health Crisis: Mental Illness and Suicide on Sunday, February 5, at Our Lady of Fatima Church in Perth Amboy, NJ (380 Smith Street), from 2:30 pm — 4:30 pm.

This special community program is free and will help better educate about mental illness, to help overcome stigma, and to learn about different tools in

order to create a better and a healthier lifestyle for you and for your family.

Keynote speakers will share their personal journey of living with a mental disorder and what has helped them to now live a happy, healthy and productive life, including natural alternatives.

Light refreshments will be served.

Donations for the organization's mission will be accepted and greatly appreciated.

The João José 'John'

Santos Charitable is a grassroots effort organization whose mission is to educate families and communities on their quest in understanding mental illness in order to prevent further suicides. The #1 cause of suicides is undiagnosed and/or untreatable mental disorders. Suicides are cries for help and are preventable.

For more details, please contact Augusta Santos at P.O. Box 234, Raritan, NJ 08869, tel. 908.707.1699 or email: johncharitable@aol.com.