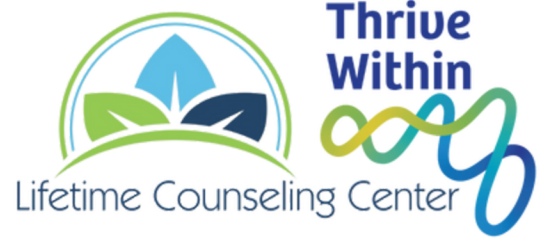


The Monthly Thrive



SEPTEMBER 2024



Dates and Events



- 9/2 - Labor Day
- 9/8 - 9/14 - National Suicide Prevention Week
- 9/11 - Remembering 9/11
- 9/14 - Recovery Fest
- 9/28 - Space Coast Pride Fest

Click [HERE](#) for links and community events

FamFest 2024

Through our Thrive Within campaign, Lifetime Counseling Center is excited to bring another FamFest event to the families of Brevard County. At FamFest you can expect to see many engaging games and activities that remind us of the importance of having fun as a family. These activities will help families strengthen bonds and relationships, improve communication, and build resilience.

In addition to our fun games and activities, we will also have family photos, free raffles, free food, and giveaways while supplies last. Also, the first 20 families to arrive will take home a special prize!

Scan the QR code to save our event on Facebook. We can't wait to see you there!



Suicide Prevention Month

This month is National Suicide Prevention Month. The 988 Suicide and Crisis Lifeline is using the message #BeThe1To this month. This message is all about changing the conversation from suicide to suicide prevention. When someone is in crisis, it's on us to **#BeThe1To**:

- **Ask** about them in a caring way
- **Be there** for that person without judgement
- **Keep them safe** by helping to keep lethal means less available
- **Help them** stay connected with resources and supports
- **Follow up** and check in on that person
- **Learn more** about suicide prevention to help others

You can learn more about suicide prevention through the link above, in our dates and events section.

988
SUICIDE
& CRISIS
LIFELINE

