

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

SEPTEMBER 2025

Suicide Prevention Month

September is Suicide Prevention Month. This time of year is about raising awareness, increasing hope, and making sure individuals have access to tools and resources needed to have a conversation about suicide.

Take some time this month to research the signs and symptoms of suicide, and ways help someone if they are thinking or talking about suicide. It is up to us as a community to work together to help prevent suicide.

If you or someone you know is in crisis, call or text 988.



SUICIDE PREVENTION

AWARENESS MONTH

FamFest 2025

Through our Thrive Within campaign, Lifetime Counseling Center is excited to bring a third year of FamFest to the families of Brevard County. This year you can find FamFest at a new location!

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 25 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!



Scan here!



Dates and Events

- 9/1 - Labor Day
- 9/10 - World Suicide Prevention Day
- 9/11 - Remembering 9/11
- 9/13 - Brevard Recovery Fest
- 9/27 - Space Coast Pride Fest
- 9/27 - YOU Matter Day Event



988 SUICIDE & CRISIS
LIFELINE

A Journey to Resilience

A program of Space Coast Health Foundation
& Lifetime Counseling Center