

# MENTAL HEALTH AND SUICIDE AWARENESS PUBLIC EVENT

CARVER COUNTY ADULT MENTAL HEALTH INITIATIVE IN  
COLLABORATION WITH THE LOCAL ADVISORY COUNCIL, WELLNESS IN  
THE WOODS MINNESOTA AND THE LIVIN FOUNDATION PRESENT A  
NIGHT OF SPEAKERS AND RESOURCES AVAILABLE TO THE GENERAL  
PUBLIC ~ FREE OF CHARGE

**THURSDAY, MAY 17TH, 2018 ~ 5PM TO 8PM**  
**CHASKA COMMUNITY CENTER**  
**THEATER ROOM**  
**5PM ~ RESOURCES & REFRESHMENTS**  
**6PM ~ PRESENTATION**

PAUL "PT" THOMAS IS A TWIN CITIES RADIO PERSONALITY WHO FOUNDED THE  
LIVIN FOUNDATION AFTER PERSONALLY DEALING WITH DEPRESSION AFTER THE  
LOSS OF HIS FATHER TO SUICIDE. PT SPEAKS OPENLY ABOUT HOW HIS LIFE HAS  
CHANGED SINCE HIS FATHER'S DEATH AND SHARES THE LIVIN FOUNDATION'S  
MISSION ~ "GET BUSY LIVIN!"

STEVE HANSBERRY IS AN OUTREACH ASSOCIATE WITH WELLNESS IN THE WOODS  
MINNESOTA, A QPR INSTRUCTOR (QUESTION, PERSUADE, REFER) HE SITS ON THE  
REGION 7E AMHI GOVERNING BOARD, THE KANABEC COUNTY HSF COUNCIL AND THE  
MINNESOTA DEPARTMENT OF HEALTH SUICIDE PREVENTION COMMITTEE