



**American
Foundation
for Suicide
Prevention**



Out of the Darkness Chicagoland Experience Honor Bead Community Discussions

Saturday, October 17th

- ❖ 9:00am: *Opening Ceremony*
- ❖ 9:15am: *Meditation session*
- ❖ 10:00am: *Blue Bead Community Discussion presented by Compass Health Center*
 - Participant stories
 - Suicide prevention overview
- ❖ 11:00am: *Teal Bead Community Discussion presented by Compass Health Center*
 - Panel discussion
- ❖ 12:00pm: *Silver Bead Community Discussion presented by Riveredge Hospital and Streamwood Behavioral Healthcare System*
 - Panel discussion
 - Mindfulness Activities
- ❖ 1:00pm: *Green Bead Community Discussion presented by Riveredge Hospital and Streamwood Behavioral Healthcare System*
 - Participant stories
 - Mindfulness Activity
 - Building Coping Skills
- ❖ 2:00pm: *White and Purple Bead Community Discussion presented by Riveredge Hospital and Streamwood Behavioral Healthcare System*
 - Panel discussion
 - Coping After Loss of a Loved One
 - Improv Games – Healing Power of Laughter
- ❖ 4:00pm: *Saturday sessions conclude*

Sunday, October 18

- ❖ 9:00am: *Red Bead Community Discussion*
 - Participant stories
- ❖ 10:00am: *Orange Bead Community Discussion*
 - Panel Discussion
- ❖ 11:00am: *Gold Bead Community Discussion*
 - Participant stories
- ❖ 11:30am: *Closing Ceremony*

*We encourage you to walk with family and friends this weekend. You choose the day, time, and route! Please be sure to follow COVID-19 guidelines. Send your photos to chicago@afsp.org.

**Be sure to check out the interactive event website at www.chicagowalk.org/event. There's a Why I Fight Wall, Memorial Wall, slideshow, AFSP Store, and more!