

# You're Not Alone

Tuesday, January 21, 2025

7 to 8 p.m. program, followed by fellowship  
Kenilworth Union Church

Sponsored by  
Kenilworth Union Church Alison Tobey Smart Memorial Fund

## Discussion on supporting loved ones' mental health

Supporting a loved one's mental health can feel isolating and overwhelming, from the practical challenges of finding support to the constant fear for their physical well being. Authors **Meg Kissinger** and **Tripp Friedler** understand this battle first-hand, having lost beloved family members to suicide in journeys they have bravely shared in powerful memoirs. Please join members of your community as Meg and Tripp share their experiences and offer their perspectives on finding help and gathering a community of support. The discussion will be moderated by **Renee Dominguez**, PhD, clinical psychologist and executive director of Family Service Center.



Author Speakers: Tripp Friedler, *The Tunnel* and Meg Kissinger, *While You Were Out*



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Register here:

