



**American
Foundation
for Suicide
Prevention**

Hudson Valley/
Westchester

Are you interested in a virtual Survivors of Suicide Loss Support Group?

Friday, April 24th Newly Bereaved

Wednesday, May 6th General Support Group

Contact Judy to get the log-in information for the virtual support group
survivoroutreach@ymail.com

Tuesday, April 28th at 7:00 pm on Free Conference

Contact Lisa to get the log-in information for the virtual support group
lamurray22@gmail.com

Wednesday, April 29th at 7:00 pm on zoom

[Click HERE to Join Zoom Meeting Support Group](#)

Meeting ID: 697 232 1972

Password: hope1234

Questions: Megan Shea, AFSPRocklandHope@gmail.com

Monday, May 4th

Monday, May 18th

6:30 pm - 8:00 pm.

Contact Rob to get the log-in information for either virtual support group
robafsphv@gmail.com

DOWNLOAD:

[Group Discussion Guidelines](#)

[Self-Care Strategies for Resilience](#)

What once was an activity that kept so many of us entertained as children, is now resurfacing as a trend for adults. Therapeutic elements parents sought to keep their children calm or entertained, are now being applied to adults, to help distract them

from the daily pressures of life.

Here are the top 5 benefits of coloring for adults:

1. Your brain experiences relief by entering a meditative state
2. Stress and anxiety levels have the potential to be lowered
3. Negative thoughts are expelled as you take in positivity
4. Focusing on the present helps you achieve mindfulness
5. Unplugging from technology promotes creation over consumption

[DOWNLOAD Mental Health themed coloring pages](#)