

Please attend and support Abraxas S.A.F.E. Center at this critical funding time with the proceeds of the Forum.

**You're invited to The Forum for Healthy Minds
presented by Abraxas High School**

in cooperation with CAHM, Yellow Ribbon Suicide Prevention Program,
National Alliance on Mental Illness, Survivors of Suicide Loss,
and Impact Young Adults

Saturday, February 28, 2009

9:00 AM - 3:00 PM

Abraxas High School

12450 Glen Oak Road at Pomerado Road

Poway CA 92064

If you or someone you care about is grappling with issues related to mental health - including PTSD - this special Forum offers an opportunity to gain new insight and information from experts and community leaders in the field. The day's events include a keynote address by noted psychotherapist [Sara Gilman](#), MFT, plus breakout sessions, panel discussions, and opportunities to have your concerns addressed and your questions answered. As an added bonus, the day will also feature live music, drama, and an art exhibit and sale.

**The Forum and lunch are FREE if you pre-register.
Donations will benefit Abraxas S.A.F.E. Center (Student Alliance for Education)
Sign up today via e-mail: CAHM@san.rr.com or by calling 858.395.3950.**

Confirmation response is required.

[For more Forum info and updates, visit www.cahealthyminds.com](http://www.cahealthyminds.com)

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