



DIOCESE OF SACRAMENTO
Office of Youth & Young Adult Ministry

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Dear Pastors, Youth Ministers, Young Adult Ministers and Confirmation Coordinators,

September is Suicide Prevention month and we in the office of Youth and Young Adult Ministry want to equip you with resources to help you support the young people and families you serve. The resources can be found at <https://www.scd.org/OYYA-SuicidePreventionResources>. Resources included will help you find the services families may need and help you to make these difficult conversations around mental health.

We are also hosting online events during September discussing the topic. Please mark your calendars for the below events:

- September 21st – Parent Support: Talking to you child about Self-Care
- September 22nd – Monthly Pastoral Juvenil Hispana Gathering

And tune into Radio Santismo from September 7 – 11 for *Sacerdotes y Psicólogos hablando sobre prevención, consuelo y causas*.

Thank you for your continued support of the young people in the Diocese of Sacramento,

Deacon Kevin Staszkw
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