

***Brought to you by Ride4Lives Australia Inc and supported by Strong Communities, StandBy Support, Marcus Mission, Port Curtis Rotary’s Project We Care, Gladstone Suicide Bereavement Support Group & Gladstone Region Awareness and Suicide Prevention (GRASP).***

**Ride4Lives Australia Inc *presents***

**SUICIDE PREVENTION WEEK**

**9-16 SEPTEMBER 2021**

**SUICIDE PREVENTION WEEK CALENDAR SEPTEMBER 2021**

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***All Activities Listed are FREE Events***



**Ride4Lives are hosting the Gladstone 2021 Out of the Shadows Walk**

**Sunday 12 September 2021**

**5.00am**

**Meet at East Shores**

*Join us in the Out of the Shadows Walk – Lifeline’s national suicide prevention walk. It is a walk of remembrance and hope as we meet a new sunrise. Raise awareness, remember those lost to suicide, and unite in a commitment to prevent further deaths by suicide.*

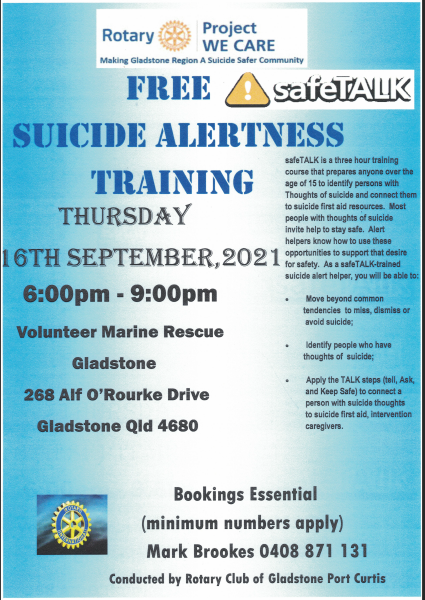
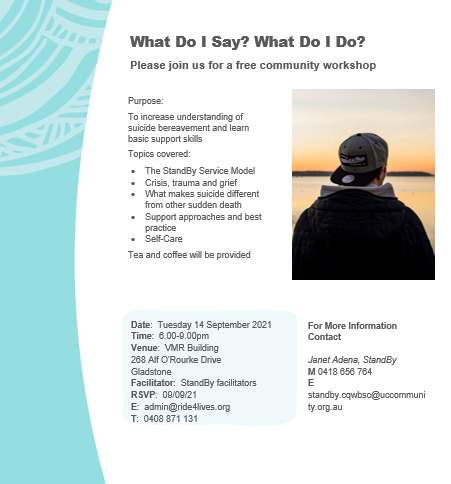
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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Thurs 9** | **Fri 10** | **Sat 11** | **Sun 12** | **Mon 13** | **Tues 14** | **Wed 15** | **Thurs 16** |
| C:\Users\brookesk\OneDrive\Ride4Lives\GRASP.pngR U OK? Day | Man Walk | Family Fun Day/ Bereavement Cruise | Out of the Shadows Walk | Strong Communities  C:\Users\brookesk\OneDrive\Ride4Lives\2020\Suicide Awareness Week 2020\Strong Communities logo 2.png | Standby Support | FooterC:\Users\brookesk\OneDrive\Ride4Lives\Ride4Lives Inc Logo see thru style.pngMen’s Workshop | safeTALK |
| *Visit* [*www.ruok.org.au*](http://www.ruok.org.au) *to purchase your merch*  *Let’s paint the town yellow*  *See the GRASP Facebook page for more info* | 5.00pm  Man Walk  *Meet at Entrance of East Shores, Goondoon Street* | 10.00am-2.00pm  Family Fun Day with a “Suicide Bereavement Cruise” & fun for the kids  *Tondoon Botanic Gardens* | 5.00am-8.00am  Out of the Shadows Walk  *Meet at Entrance of East Shores, Goondoon Street* | 6.00pm-9.00pm  “Grief, Loss & Change” Workshop  *VMR Building*  *Visit* [*www.strongcommunities.org.au*](http://www.strongcommunities.org.au) *to book* | 6.00pm-9.00pm  “What do I say what Do I Do” Bereavement Workshop  *VMR Building*  *Text Mark on* ***0408 871 131*** *to book* | 5.00pm-8.30pm  “Fear, Frustration & Anger” Men’s Workshop  *Gladstone Mindcare Centre, 147 Goondoon Street*  *Text Mark on* ***0408 871 131*** *or Glen on* ***0419 750 607*** | 6.00pm-9.00pm  Project  We Care’s  safeTALK  *VMR Building*  *Text Mark on* ***0408 871 131*** *to book* |

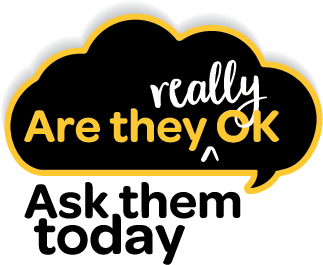
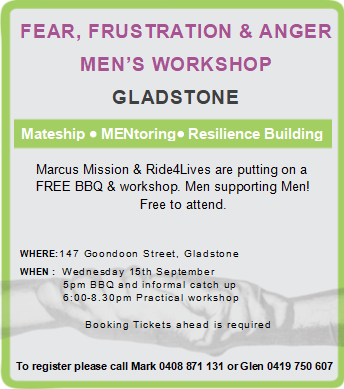


***www.ride4lives.org***

***For more info, visit Ride4Lives Australia Inc’s Facebook page or website.***

**Limited numbers for the workshops – Book now!**



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**Every Friday @ 5.00pm - Meet at East Shores**



**Sunday 16 September - 10.00am**

**Qigong in the Park**

**Beach Cove, Spinnaker Park**



**Wednesday 12 September - 6.30pm**

**Glen Poole of Stop Male Suicide speaking on ‘How do we stop male suicide in Gladstone’**

**Gladstone Library, 39 Goondoon Street**