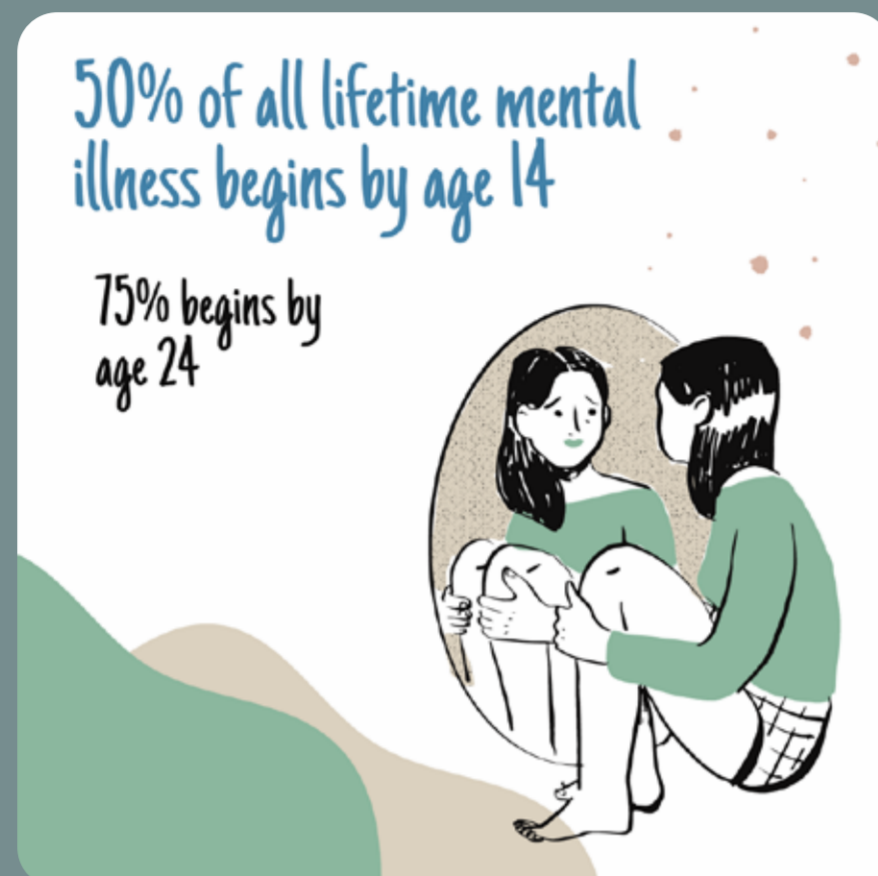
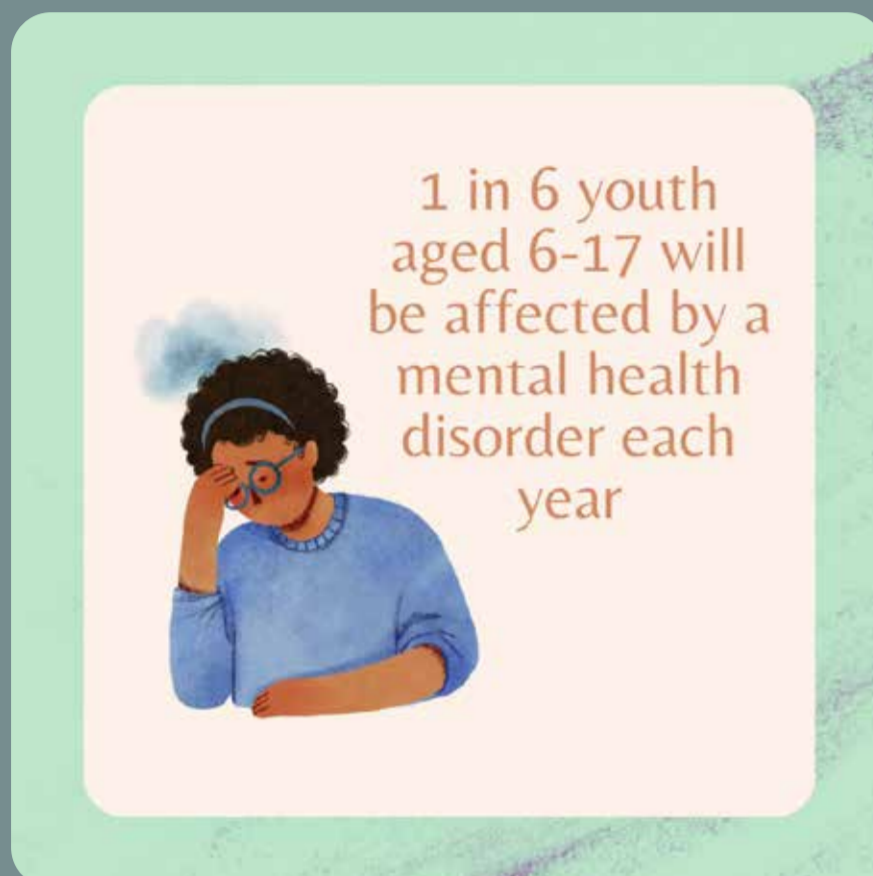


MAY IS MENTAL HEALTH MONTH

LEARN THE FACTS.
BREAK THE STIGMA.



How Will You Observe Mental Health Month?

We hope that you will feel inspired to plan a training or program for your workplace, school, place of worship, or other group sometime in 2023. We have programs for youth and adults. You can reach us via the contact form on our website where you can also see descriptions of our programs. Our program coordinator, Amy Woods, can be reached directly at amy@sarahmpetersonfoundation.org

We can all learn more about caring for each other!

DONATE ►



Every Brilliant Thing • THE TOUR

Mark your calendar and save the date! This delightful play blends comedy, improv, and audience interaction to tell an individual story that aims to de-stigmatize talking about mental health and encourage us to see the many ways we experience joy and hardship. There is audience interaction (by consent,) and it's fun to call out "spaghetti!" on cue! Invite your friends and join us for one of the performances below. There will be resource tables available and a short panel discussion following the play.

MAY 16, 5:30, at Meyera E. Oberndorf Central Library
Virginia Beach Blvd. Resource tables at 4:30.

MAY 25, 6:30, St. Matthew Catholic Church Gymnasium
3316 Sophia Lane, Virginia Beach. Doors open @ 6:00

[Sign up here to attend>>](#)

JUNE 3, 6:00, at First Lutheran Church of Norfolk
1301 Colley Ave., Norfolk. Parking and entrance at the back of the church.

We Are Excited to Introduce Our Newest Staff members!



Amy Woods
Program Coordinator

Amy comes to the SMP Foundation with years of experience on our board of directors and as a volunteer presenter. She is passionate about educating people about mental

health and suicide prevention and considers herself a "teacher at heart." She previously held the title of Director of Religious Education/Youth Minister at Sacred Heart Catholic Church in Ghent. She worked for the Catholic Church for 27 years. Although she will miss her work at the Church, she is looking forward to the new adventure of working with various groups and organizations throughout the 757.

Amy lives in Norfolk with her husband. They have 2 adult children.



Laura Ryding
Administrative
& Volunteer
Coordinator

Originally from Detroit, Laura has worked at nonprofits in Michigan, California, and Minnesota. She has lived with depression for over three decades

and considers herself a survivor. She embraces the SMP Foundation's ideal of a world without suicide and believes everyone can achieve mental wellness.

Laura moved to Norfolk in late 2022 with her wife and two cats.

The Sarah Michelle Peterson Foundation
Depression is not your fault. Stay Alive!

www.WorldWithoutSuicide.org | @SMPFoundation



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