

**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 @ Pomerado Road 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](mailto:CAHM@san.rr.com) or by calling 858.395.3950.***

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



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**CAHM's Mission:** to engage the community in raising awareness of support for mental illness issues and suicide prevention, particularly among youth and young adults, through venues of music, art, and education.

The work of CAHM began after Rex & Connie Kennemer lost their son Todd to mental illness in 2005. They honor his life and struggle by reaching out to others needing hope for their journey.

**CAHM Coordinator:**

Rex Kennemer

**858.395.3950**

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