

## **Forum for Healthy Minds Feb. 28 at Abraxas High School: Fundraiser for S.A.F.E. Center at Risk**

Rex & Connie Kennemer have resided in Rancho Bernardo since 1986, where they raised their one child, Todd. Everything changed for them when they lost Todd, age 25, to mental illness and suicide in November, 2005. Since that time, they founded the Community Alliance for Healthy Minds (CAHM), which sponsors various forums and benefits utilizing music, arts, and education.

The 2009 Forum for Healthy Minds will be Saturday, Feb. 28, at Abraxas High School, 12450 Glen Oak Road in Poway. The Forum and lunch are free to those who pre-register by Feb. 26: sign up by e-mail at [CAHM@san.rr.com](mailto:CAHM@san.rr.com) or by voice-mail at 858-395-3950. You will receive a confirmation response.

Forum keynote speaker, Sara Gilman, MFT, will address "The Many Faces of Post Traumatic Stress". Following will be an audience question and answer time with a panel of leaders in mental health care and suicide prevention. The Forum will include eight breakout sessions, a resource fair, live music, drama, and art for sale. Many more details on the Forum are available at: [www.cahealthyminds.com](http://www.cahealthyminds.com).

In addition to the work of CAHM, Rex and Connie volunteer in our school district at the Abraxas High School S.A.F.E. Center (Student Alliance For Education). Proceeds from the 2009 FORUM will help support the Abraxas S.A.F.E. Center. This program, like all of our school district's student services, is under-funded and at risk of closing down. The Abraxas S.A.F.E. (Student Alliance For Education) Center is considered the "heart" of the school, where the programs help build self-esteem and self-confidence.

Online donations may be made for Abraxas S.A.F.E. Center through Yellow Ribbon Suicide Prevention Program of San Diego County at: [www.yellowribbonsd.org](http://www.yellowribbonsd.org) (Use the "DONATE NOW" button. Then donate "on behalf of Abraxas". Charges will appear under the name: MindSpring.org)

Donations may also be made at the FORUM by cash, check, or credit card. For more information on the Forum and on donations, contact:

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