



## An Introduction to Suicide Prevention for Black and African American Communities



This presentation, created in concert with an Advisory Committee of experts in Black and African American mental health and suicide prevention, is designed to reduce cultural stigma, foster conversations about mental health, and raise awareness of suicide prevention for people in Black and African American communities. The program is grounded in research and is developed and delivered by trained presenters who identify as having lived experience within Black and African American communities. While the program is designed for Black and African American audiences, it is open to anyone (18+) who wishes to attend.

Participants will learn common risk factors and warning signs in Black and African American communities, as well as how to keep ourselves, our loved ones and those in our community safe.

### Date

Saturday February 21, 2026

### Time

10 AM

### Location

Fresno County Library-  
Figgarden Branch  
3071 W Bullard Ave  
Fresno, Ca 93711  
Meeting Room

### RSVP

Buffy Bowers-Woods  
(559) 259-8701  
Walk-ins welcome

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