

SEND *silence* PACKING®

Come Together Series: March Event

WHEN & WHERE

**San Diego City College
at Curran Plaza**

**Thursday, March 17
9:00am-3:00pm**

Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults. Active Minds has a presence at more than 800 campuses, schools, communities, and workplaces nationwide. The organization is dedicated to ending the silence and changing the conversation about mental health for everyone.

To learn more, visit activeminds.org.



**active
minds**

WHO & WHAT

Send Silence Packing® is a visually striking exhibit that includes personal stories from individuals who have lost a loved one to suicide and is designed to connect individuals to mental health resources and inspire action for suicide prevention.

You're invited to walk among the Send Silence Packing backpacks to see the photographs and read the stories attached to them.

To learn more:

activeminds.org/sendsilencepacking

To explore the virtual experience:

activeminds.org/backpacks

[@active_minds_sdcitycollege](https://www.instagram.com/active_minds_sdcitycollege)

#SendSilencePacking

