

**2ND THURSDAY
BROWN BAG LUNCH SERIES**

Maryland Height Community Ctr
2300 McKelvey Road
Maryland Heights, MO 63043
Noon—1:00 p.m.

Bring your lunch and we'll provide
drinks and cookies, with your
RSVP.

To Register online go to [http://
www.namistl.org/programs-2/2nd-
thursday-seminars/](http://www.namistl.org/programs-2/2nd-thursday-seminars/)

Or call us at 314-962-4670.



May 9, 2019 - Do Not Believe Him When He Says He's Okay, Look for Other Signs. A Mother's Story About Her Son's Struggle with Mental Health Suicide

Speaker: Stephanie Bettelle, Grieving Mother and Suicide Survivor

Stephanie will share her story about her son's tragic death by suicide. She is hoping that other people will be helped by her experience with her son's mental health issues.

Please, if this is something that you think might help your family, join us.