HELP SAVE LIVES!

**WALK WITH US**

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**“**FIGHT SUICIDE**” Walk-a-Thon**

**JUNE 13, 2020, Saturday**

**** Lake Fairfax Park

1400 Lake Fairfax Dr, Reston, VA 20190

Shelter J

**3-Mile Round Walk**

8:30 FREE Registration at Shelter J

9:00 Welcome and Opening Remarks

Walk to Follow

* Save time by FREE pre-registering at www.fccgw.org
* For **support** and **volunteer** at www.fccgw.org
* T-shirts will be available with online pre-registration and at the event. Limited quantities available.
* There will be refreshments and information booths all morning.



**The Family Counseling Center of Greater Washington (FCCGW)** www.FCCGW.org

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# Know WARNING SIGNS of suicide

The signs may appear in conversations, through their actions, or in social media posts. **If you observe one or more of these warning signs**, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, **step in or speak up**.

 Personality change

 Withdrawal

 Changes in sleep

 Reckless behavior

 Substance abuse

 Physical pain

 Giving away belongings

 Sudden mood changes

 Neglect of personal appearance

 Loss of interest



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