

Join Us for a Special Storytime Read-Along

Gizmo's PAWESOME Guide to Mental Health

The American Foundation for Suicide Prevention North Carolina Chapter is excited to announce our partnership with the Steven A. Cohen Military Family Clinic at Centerstone to offer Gizmo's Pawesome Guide to Mental Health readings for the military families of the Cohen Veterans Network.

We have several readings planned for the months of October and November and anticipate more coming in following months. The intended audience of this read-along is children between the ages of 5-11. **Each child must be accompanied by a trusted adult.** This program will help open the door between child and adult to have conversations about mental health, so it is important for children to be accompanied by a trusted adult.

Please register for your reading by clicking your preferred date below.

Dates and Times:

[Saturday, October 23rd, 10:00am - 11:00am](#), led by Sarah Cothren, AFSP-NC Staff

[Tuesday, October 26th, 6:00pm - 7:00pm](#), led by McKenzie Cox, Miss Statesville's Outstanding Teen

[Tuesday, November 2nd, 6:00pm - 7:00pm](#), led by McKenzie Cox, Miss Statesville's Outstanding Teen

[Tuesday, November 16th, 6:00pm - 7:00pm](#), led by McKenzie Cox, Miss Statesville's Outstanding Teen

[Tuesday, November 30th, 6:00pm - 7:00pm](#), led by Cohen Clinic at Centerstone Clinician

In order to receive your one free book, you MUST register at least two weeks prior to your event date, otherwise your book may not make it to you in time for the reading. You do not need a book to attend.

If you have any questions, please reach out to Sarah Cothren, AFSP-NC Associate Area Director, at scothren@afsp.org.