



JAMES'S WARR;ORS

NO ONE WALKS ALONE

PRESENTED BY: DONNA THOMAS &
DR. JAIMEE ARNOFF

Tuesday, February 11 @ 6:30PM
at the Ballston Spa High School Library
• *Livestream & Recording on [Ballston Spa CSD YouTube](#)*

A personal and open discussion about depression, mental health, suicide and how to talk about it.

The mission of James's Warr;ors is to provide resources, awareness, and education to bring change to the way mental health is perceived, reduce the stigma, and prevent suicide.

www.jameswarriors.org