

Patriot Day

*A Day to Remember,
United We Stand!*



Honoring Lives & Saving Lives

The City of Mission Viejo and the American Soldier Network will host a simple flag-holding and candlelight ceremony at the Norman P. Murray Center to honor the men, women and children who lost their lives and the heroes who responded to the catastrophic events on 9/11. Join our community by sharing memories or messages in reflection of this day. Tie your messages of remembrance on the white fence in The Kershaw Garden starting the first week of September.

Many people continue to struggle after catastrophic events such as 9/11, military combat, and the loss of their loved ones. Following the ceremony, experts in the field of suicide prevention will be on hand to discuss the suicide epidemic and ways to help people in need.

For more information, call 470-3061
cityofmissionviejo.org/recreation



MISSION VIEJO

Wednesday, Sept. 11 / 6—8pm
24932 Veterans Way

American Soldier Network is a hands-on organization that raises awareness and funding to tackle the psychological and emotional battles affecting veterans on the home front such as PTS, homelessness, unemployment reintegration and suicide. The American Soldier Network is a nonprofit corporation and public charity.

We have an epidemic in our country that has impacted our community. Suicide is the #2 cause of death for all Americans ages 10-25. In the veteran community, suicide is taking up to 28 lives a day and 1-4 active duty military daily. Join us for an educational event to break the silence.

Speakers for this community event include:

- 1) **US Navy Admiral Harold Koenig** (retired) and former Surgeon General. Koenig has served as a general medical officer, residency training program director, department chairman, and director of medical services.



- 2) Renowned specialist in the field of depression, anxiety, and suicide, **Dr. Michelle Robison** has been working with adults, teenagers, and families for more than 2 decades. <http://www.michelerobison.com/>

- 3) **Lt Col Mary Kate Flatley** (33-year US Marine) current Commander & first female Commander of the Wounded Warrior Battalion West on Camp Pendleton.



- 4) **Sgt J. Crowley** from the Orange County Sheriff's Department.