

HOW TO SAFEGUARD OUR MENTAL HEALTH

This is a **FREE** event open to the entire Caledonia community!

Christy Buck will share the 4 simple steps of the **be nice.** action plan (notice, invite, challenge and empower). Learn how you can change, improve, and save lives!

Also hear from retired Detroit Lions Quarterback, Eric Hipple, about his experience as a parent who lost his son to suicide.



ERIC HIPPLE
Detroit Lions

Childcare will be provided by high school students during the session, featuring *Inside Out 2*.



CHRISTY BUCK
Founder of **be nice.**

FEBRUARY 23
DUNCAN LAKE MIDDLE SCHOOL
6:00 - 7:30 PM

Additional Speakers:

- Scott Bont, KMIS School Social Worker
- Steve Ophoff, Caledonia School Safety Officer
- Caledonia High School **be nice.** Student Leaders