

SHATTERED: NOT SILENT

Light after Suicide LOSS

TURNING GRIEF INTO ACTION

TURNING SILENCE INTO CONNECTION

September
15th, 2025

Old No. 1 Bar & Grill
412 Atlantic Ave, Morris MN
Lunch Served at 11:30 a.m
Event begins at 12:00 p.m

Broadway Ballroom
115 30th Ave E Alexandria MN
Dinner served at 6:00 p.m
Event begins at 6:30 p.m.

Free to Attend!
No Registration
Required!



Lynda Cubelo



Julie Mastin

PRESENTED BY:



REGION 4 SOUTH

MENTAL HEALTH CONSORTIUM

www.r4sconversations.org

2 Mothers: 2 Stories

1 Unbreakable bond of love, courage and truth

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Join us for a powerful , raw and moving event, as two mothers take the stage to share their deeply personal journey through the world of mental health. One mother fights every day alongside her daughter, walking the long and painful road of healing, the ups and downs of the unknown and the everyday fears that accompany this journey. The other speaks in memory of her 15-year-old daughter, Caylee whose life was lost to suicide - but whose light continues to guide their mission.

Raising awareness - ***Saving one life may not change the world, but for that one life, the world is forever changed.***

IN THEIR NAMES WE SPEAK

IN LOVING MEMORY OF CAYLEE