

*A comedy show and suicide prevention program
aimed at ending the stigma of mental illness.*



1 DEGREE OF SEPARATION

A Look at Depression ← Funny and Suicide

Depression has one degree of separation: if you don't suffer, then someone you know does.

We aim to bring dialogue, awareness, and acceptance for those suffering from depression through laughter and vulnerability. We laugh at the dark stuff, because laughter releases the pain. We talk about depression, because no one should feel shame.

With an army of comedians, we hope to kill the stigma of depression and share stories of hope, happiness, and triumph.

HOSTED BY:



Brad Bonar Jr.

FEATURING:



Aurora Singh



Becky Lynn



Drew Shafer

WEDNESDAY, OCTOBER 30 6:30pm

St. Francis High School 5900 Elvas Avenue, Sacramento

Family friendly, FREE, and open to the public!

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To learn more about the show, please visit 1DegreeOfSeparation.life