

Suicide Prevention Month: “Building Stronger Connections, One Conversation at a Time.”



Kevin Briggs

**Bridging the gap to save a life.
Hear their story from survival to
friendship!**



Kevin Berthia

1 Degree of Separation

1 Degree of Separation is a groundbreaking suicide prevention comedy show aimed at ending the stigma of mental illness through discussion, laughter and straight talk. "Depression has one degree of separation: if you don't suffer, then someone you know does".

**Cost: Free
Registration Required
September 25, 2026
8:00am-3:30pm
Middletown Armed Forces Reserve Center
375 Smith St
Middletown, CT 06457**



Register by QR Code or link!

<https://varedcap.rcp.vaec.va.gov/redcap/surveys/?s=ED3FN4MDXHX3K9P7>