



MY ASCENSION

A film to spread hope and fight suicide

**"This film is
changing lives!"**

Heather McLean, Mental Health America, SWPA



Youth Suicide Prevention and Mental Wellness Event **My Ascension Virtual Screening**

La película tendrá subtítulos en español (The movie will have Spanish subtitles)

Thursday, February 24th

6 - 8:30pm - Eastern Time

The Film

A suicide attempt left 16-year-old varsity cheerleader, Emma Benoit, paralyzed, but propelled her on a mission to use her painful experience to **help others find hope and stay alive.**

MY ASCENSION is a feature length documentary that chronicles Emma's inspiring journey and quest to walk again. The film also highlights the stories of two remarkable young people who tragically did not survive their attempts, and we learn first-hand from their families, friends, school officials and suicide prevention experts about the devastating effects of suicide and **what can be done to prevent it.**

**The 90 minute film screening will be followed by an important
dialogue related to preventing youth suicides and Q&A.**

Speakers include Emma Benoit, Filmmaker Greg Dicharry, Frank Zenere, Psychologist - Miami-Dade School System School, Mr. "J" Martinez - "Hope for Miami" CEO, Francesca Reicherter - "Inspiring My Generation" founder and others.

Register Now for this Free Event

<https://myascensionhopemiami.eventbrite.com>



“ A must watch for parents of teens and anyone working with teens. ”
**Emma's ability to tell her story in such an honest way creates a space for
others to speak freely about their own issues with mental health.**

Candice Feinberg, PSY.D, Executive Director, ROWI Teen & Family Wellness Center

www.MyAscension.us