



## OUT OF THE SHADOWS and into the light

**Join Coast Community Connections to walk  
along the beautiful Umina Beach  
9AM, SUNDAY 10 SEPTEMBER 2017**

Take part in Lifeline's Out of the Shadows — national suicide prevention walks held to coincide with World Suicide Prevention Day. Raise awareness, remember those lost to suicide, and unite in a commitment to prevent further deaths by suicide.

[www.outoftheshadows.org.au](http://www.outoftheshadows.org.au)

**Umina Beach Surf Club  
Berith Street, Umina**



World Suicide Prevention Day

..... Helping Australians bounce back .....



COASTCOMMUNITY  
CONNECTIONS

R.J. Hamer  
Forest Arboretum