

Dear Legionnaires and Family,

We are excited to invite you to a special edition of Training Tuesday as we deepen our commitment to the Be the One campaign in partnership with the Columbia Lighthouse Project. This collaborative effort harnesses the power of suicide prevention training to create a positive impact on the lives of veterans and their families.

Date & Time: **April 30, 2024, at 7:00 PM EST**

Register here: [Training Tuesday: Be the One](#)

The Be the One campaign aims to destigmatize mental health support, provide peer-to-peer assistance, and empower everyone to make a difference.

What Be the One Achieves:

- Destigmatizes asking for mental health support.
- Provides peer-to-peer support and resources.
- Empowers individuals to Be the One to make a difference.

How Your Legion Post Can Help:

American Legion posts are pivotal in driving the success of this campaign:

- Host a Be the One training session and educate members and the community.
- Display resources at your post and in the community.
- Share events and success stories on legiontown.org.

Promotional Resources:

Download resources, including videos, posters, banners, and customizable brochures, to promote events and connect veterans with support services.

Where to Get More Information:

Visit [Be the One](#) for updates, resources, and stories. Sign up to receive email notifications about new announcements.

[Be the One | The American Legion](#) is partnering with Columbia University on suicide prevention training.

Let's unite as Legionnaires and family to Be the One in preventing veteran suicide. Don't miss out on this opportunity to enhance your American Legion experience and strengthen our community bonds.

Thank you for your unwavering dedication to our mission. We encourage you to extend this invitation to all American Legion Family members.

We look forward to your active participation on Training Tuesday!

Kindly,

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