



Our mental health matters. **Kingdom Kuts**

Portland area community members! Join us at **Kingdom Kuts** for free catered food, music, a fresh cut, conversation, and Customer Appreciation Day!

Let's celebrate local business **Kingdom Kuts** for becoming a trained safe space for people to talk about mental health and substance abuse.

When: Saturday, October 18^h, 1:00pm-4:00pm PT

Where: Kingdom Kuts, 7529 NE Glisan St, Portland, OR 97213

Kingdom Kuts has teamed up with the Lines for Life Equity Team to get certified in Mental Health First Aid, a training that provides culturally responsive tools and resources to talk about mental health and substance abuse.

Community-specific resources and barbers are trained to listen and understand what you're going through. Kingdom Kuts wants to help de-stigmatize the negative association with mental health and promote mental wellness.

Many recent events like rising violence in Portland and increased costs of living continue to weigh on us and can be exhausting. Let's work through it together to heal ourselves and our community.

**We are here to listen, support, and provide resources. But more importantly,
WE GET IT.**



Equity & Cultural Engagement



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