

A Community Wellness & Education Event

Saturday, October 10, 2026

St. Ignatius Loyola Parish Center Gym & Garden Room
3235 Arden Way | Sacramento

For more information contact mentalhealth@stignatiussac.org or 916-744-5172

*A comedy show and suicide prevention program
aimed at ending the stigma of mental illness.*



OF SEPARATION

A Look at Depression

← Funny and Suicide

Depression has one degree of separation: if you don't suffer, then someone you know does.

Schedule

2:30 p.m.
Doors Open

3:00 p.m.
**1 Degree of Separation
Presentation**

Many comedians have experienced depression firsthand. In this powerful presentation, professional comedians use humor and personal storytelling to help audiences better understand what depression can feel like while reducing the stigma surrounding mental illness and suicide.

4:30 p.m.
**Guest Speaker
Dr. Gregory Gisla, Psy.D.**

Chief Clinical Officer for Zephyr Health
and Jesuit High School graduate
*Presentation: Signs and symptoms
for behavioral health issues and
levels of care*

5:30 p.m.
**Visit Community
Resource Organizations
in the Garden Room**

6:00 p.m.
Event Concludes

Free Admission



Ages 12 & up. To learn more
about the show, please visit
1DegreeOfSeparation.life

