

Presents

# PATH TO HOPE LIVE

## SUICIDE PREVENTION EDUCATION SERIES

Path to Hope Live is an online educational series on suicide prevention, resilience-building, and dealing with the grief, loss, and mental health challenges of our times. The format of varied presenters and topics packs in heart, lived experience and personal connection. These free events are being offered as a gift to all as we individually and collectively seek balance and renewal in our lives and communities.

### Grieving and Healing with Music

*featuring*

**Eki Shola**

**January 7, 2021 | 4:00PM-5:30PM  
Via Zoom**

Register for free here: <https://patthohope5.eventbrite.com>



Born in London to Jamaican parents, Eki Shola was raised in a musical family. Fueled by grief, she released her first album, Final Beginning, in 2016 in honor of her mother and inspired by the 2017 wildfires, she recently completed a trilogy album. Working on her keyboards and backed by digital effects, the three-time NorBay Music Award winner for electronica, crafts jazzy, ambient tones with ethereal melodies that often carry dreamlike messages of hope and a sense of gratitude for life.

### Grieving and Healing with Music

Loss is hard. Grappling with the present can feel paralyzing and the future, scary and uncertain. While grieving the unexpected departure of my mother, I decided to compose and found that I wanted to share the transformation I was going through as a way to help myself and others. I wanted to express that through loss, I had gained a new sense of meaning and inspiration and wanted to share that with my community through the healing nature of music.

In October 2017, we narrowly escaped our home in the Tubbs wildfires. As I wrote in one song, "If you can see it, grief gives a gift..." and during my performances, I share my music and these personal stories with an open heart. It's that sensation of being moved by a certain groove that can be comforting, thought-provoking, enlightening, and healing and what continues to inspire me to connect with listeners.

**Path to Hope Live will host 7 free events exploring different topics from November 19th to January 21st.**

**For more information on the entire series of events, go to:  
<https://www.stjoesonoma.org/community-outreach/upcoming-events/>**

### In Partnership

St. Joseph Health   
Northern California

  
sonoma county  
DEPARTMENT OF HEALTH SERVICES



**HUMANIDAD**  
Therapy & Education Services  
[HUMANIDADTHERAPY.ORG](http://HUMANIDADTHERAPY.ORG)

  
Buckelew  
Programs  
Healthier Lives Stronger Communities