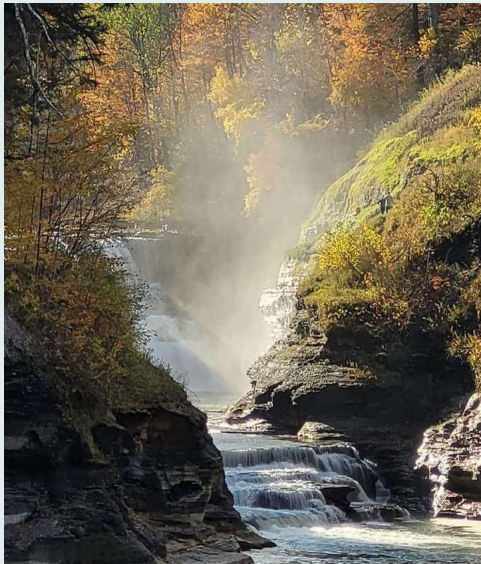


VISION STATEMENT



To be a light of hope in the darkness that suicide and drug overdose brings.



*Jimmy Foster (left) and Timmy Foster (right)
Richard Kramer (right corner)*

Timmy Foster ~ August 15, 1988

Jimmy Foster ~ December 8, 2020

Richard Kramer ~ November 24, 2022

These are the dates that I lost all my brothers to suicide.

Jodie Foutch ~ April 22, 2017

My best friend lost to a drug overdose



Foster's
**Light In
The Dark**



**“THEY CAN’T RESCUE YOU IF
THEY DON’T KNOW YOU
NEED IT.**

**ASK FOR HELP TO FIGHT
ANOTHER DAY”.**

The infographic consists of three overlapping circles, each representing a category of suicide risk factors. The top-left circle is dark blue and labeled 'TALK' with a speech bubble icon. The top-right circle is light blue and labeled 'BEHAVIOR' with a cocktail glass icon. The bottom circle is dark grey and labeled 'MOOD' with a sad face icon. Each circle lists specific risk factors related to that category.

TALK

- Being a burden to others
- Experiencing unbearable pain
- Killing themselves
- Having no reason to live
- Feeling trapped

BEHAVIOR

- Increased use of alcohol or drugs
- Acting recklessly
- Withdrawing from activities
- Looking for a way to kill themselves, such as searching online for materials or means
- Isolating from family and friends
- Sleeping too much or too little
- Giving away prized possessions
- Aggression
- Visiting or calling people to say goodbye

MOOD

- Loss of interest
- Depression
- Irritability
- Humiliation
- Anxiety

AMERICAN FOUNDATION FOR Suicide Prevention

On January 17, 2023, the nonprofit "Foster's Light in the Dark" was Incorporated with the state of Illinois. It was started to have a Memorial Park in Madison County IL for families to have a place to honor their loved ones lost to Suicide or Drug Overdose.

WHAT'S OUR MISSION STATEMENT?

**To be a place the community
can honor loved ones lost to
drug overdose and suicide.**

To raise awareness to prevent such losses.

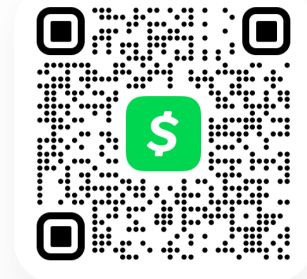


EVENTS & INFORMATION

We raise awareness for Suicide and Drug Addiction Awareness through events such as walks and outreach.

If you would like to donate, volunteer or just want to follow us, go to our Facebook page **"Foster's Light in the Dark"**.

If you would like to donate, you can also use the cashapp below.



Christina Beegle

Scan to pay \$618Christina

“REACH OUT TO SOMEONE TO LET THEM KNOW YOU’RE OKAY. CHECK IN ON SOMEBODY YOU’RE CONCERNED ABOUT TO SEE HOW THEY’RE DOING. A PHONE CALL OUT OF THE BLUE CAN MEAN A LOT TO PEOPLE”