

# 1° OF SEPARATION

**“1 Degree of Separation” is not your average mental health talk – this one comes with punchlines.**

Blending real talk with big laughs, it brings tough topics like depression, education, and suicide prevention into the spotlight. Come for the laughs, stay for the feels – it’s comedy that hits... and heals.

All shows are **FREE**.

Light refreshments available.



**NAS Whiting Field Atrium • May 8, 2026**

**9AM Show: TW5 and other Tenant Commands**

**1:30PM Show: Whiting Field Command**



Local information:  
Fleet & Family Support Center: 850-623-7177  
MWR: 850-623-7032  
[www.NavyMWRWhitingField.com](http://www.NavyMWRWhitingField.com)