

Suicide Prevention Network presents...

KNOW THE SIGNS, FIND THE WORDS

Empowering yourself empowers others.

Together, we have the ability to create a more suicide safe community.

**WEDNESDAY,
JANUARY 25**

WHEN: 10:30-11:30 AM

**WHERE:
CARSON VALLEY
COMMUNITY
FOOD CLOSET**

Join us for a **free**
learning session on...

-Recognizing warning
signs for suicide

-Strategies to support
ourselves and others

-Ways to build
personal resilience

*Early recognition of mental health
symptoms is critically important
for overall health.*

FOR MORE INFORMATION, CONTACT

SUICIDE PREVENTION NETWORK: 775-783-1510

This session is sponsored with funding provided through the
Douglas County Community Grant.



**Suicide
Prevention
Network**



SPN presents a free educational series for all...

Be the Change

Skill building sessions in Resilience, Coping,
Self-Care, and Mental Wellness

Your mental wellness starts with you...



Suicide
Prevention
Network

(Tuesdays ~ day and evening sessions offered)

What:

When:

Building Resilience through Self-Compassion:

January 10: 1-2pm ~OR~ January 24: 5:30-6:30pm

Positive Mindset and Why It Matters:

February 7: 1-2pm ~OR~ February 28: 5:30-6:30pm

Establishing Solid Self-Care Practices:

March 7: 1-2pm ~OR~ March 21: 5:30-6:30pm

**Mental Wellness and Recognizing Signs of
Depression and Suicide:**

April 4: 1-2pm ~OR~ April 11: 5:30-6:30pm

Upcoming series:

April ~ "Grandparents as Parents"

May (Mental Health Month) ~ a new guest speaker each week!

Where:

Douglas County Community Center - CVMC room • 1329 Waterloo Lane, Gardnerville

For more information, call the SPN office at 775-783-1510

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