

Women's Social Support Group

Fridays at Three Sisters Community Center

From 12:00 – 2:30 P.M.



The Women's Social Support Group are extending a special invitation to those interested in join them for lunch and a Suicide Prevention/Awareness presentation

September 28, 2018

12:30 – 1:30

**Three Sisters Community Center
2790 Onaste St.**

For more information please contact
Isabel 412-0396 or Violet 490-3844

September is National Suicide Prevention Month

QPR stands for
Question
Persuade
Refer

Just as people trained in CPR and the Heimlich Maneuver help save lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Raising awareness is one of the first steps toward combating suicide because the more educated people become, the easier it is to recognize the risk factors and warning signs.