



spea**q**k

QPR TRAINING

SUICIDE
PREVENTION
EDUCATION
AWARENESS
KNOWLEDGE

MONDAY, **APRIL 29**, NOON & 6:30 PM

In partnership with Pennock Center for Counseling, the Brighton Youth Commission will be offering **TWO** one-hour QPR courses for the community for **FREE!**

KEY COMPONENTS COVERED IN TRAINING:

- How to question, persuade and refer someone who may be suicidal
- How to get help for yourself, or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

HISTORIC CITY HALL/HERITAGE ROOM, 22 S 4TH AVE
REGISTER AT WWW.BIT.LY/SPEAKWEEKQPR

Pennock
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