

SAVE A LIFE FROM SUICIDE



Join the Y's suicide prevention training to learn 3 steps that help save lives: **Question, Persuade and Refer (QPR)**

QPR-Trained Gatekeepers will learn how to:

- > Recognize warning signs of suicide
- > Offer hope and alternatives
- > Get help for someone in crisis



March 20, 2024 | 12 – 1 P.M. ZOOM
Meeting ID: Receive Upon Registration
<https://ymcanj.org/QPR324>

Certificates will be issued after workshop completion.

**Course Capacity:
20 Registrants**

Horizon 
Foundation for New Jersey

**Funded by The Horizon
Foundation for New Jersey**

**To register for this no-cost training, contact
QPR Certified Gatekeeper Instructor
Marissa Murray at mmurray@ymcanj.org**

» ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY

Counseling & Social Services

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info@ymcanj.org

YMCANJ.org



324-6316.03-CSS

Here for all.

Financial assistance is offered
based on availability of funds.