

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



December 3, 2024 | 6 - 7 P.M.

YMCA Camp Zehnder

3911 Herbertsville Road, Wall, NJ 08724

Certificates will be issued after workshop completion.

Course Capacity:
35 Registrants



Funded by The Horizon
Foundation for New Jersey.

To register for this no-cost training, visit
[YMCAQPR1224.eventbrite.com](https://www.ymcaqpr1224.eventbrite.com)

ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY

Counseling & Social Services

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Matawan, NJ 07747

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YMCANJ.org



1224-6316.03-CSS

Here for all.

Financial assistance is offered
based on availability of funds.