



September

SUICIDE PREVENTION
AWARENESS MONTH



SUN	MON	TUE	WED	THU	FRI	SAT
1625 State Route 88, Ste 101 Minden, NV 89423 775-783-1510 www.spnawareness.org		1	2 Growth Through Change DC Community Center 3:30 - 4:30 PM	3 Suicide Loss Support Group SPN Office 11:30 AM - 1 PM SPN Connect SPN Office 2:45 - 4:30 PM	4	5 Suicide Prevention Wellness Fair HUNG A LEL TI GYM 10:30 AM - 2:30 PM
6	7  Office closed	8 PTSD Support Group SPN Office 6 - 7:30 PM 	9	10 SafeTALK Training Partnership DC Office  1 - 4:30 pm	11 STAY With Us; A Breathwork Experience O2 Yoga 5:30 - 6:30 PM	12
13	14 Mental Health Walk Seeman Ranch Park 5:30 - 6:30 PM 	15	16 Growth Through Change DC Community Center 3:30 - 4:30 PM	17	18	19
20	21	22 PTSD Support Group SPN Office 6 - 7:30 PM	23	24 SPN CONNECT SPN OFFICE 2:45 - 4:30 PM	25	26
27	28 Mental Health Walk Seeman Ranch Park 5:30 - 6:30 PM 	29	30	NATIONAL SUICIDE PREVENTION MONTH  Suicide Prevention Week September 6-12, 2026 World Suicide Prevention Day September 10, 2026		