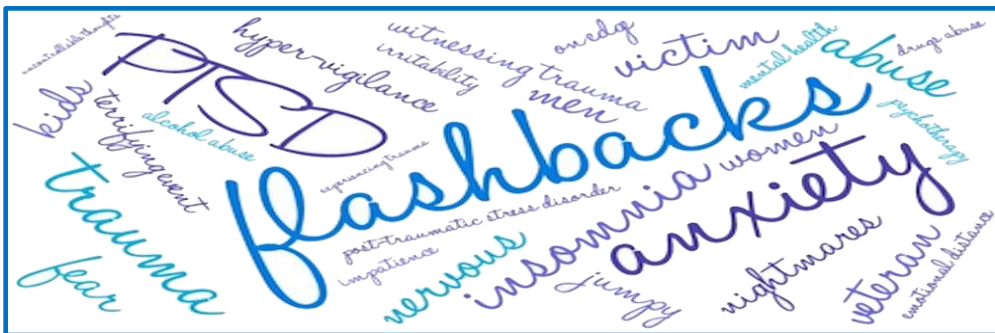


# PTSD SUPPORT GROUP



JOIN US AND TAKE THAT  
FIRST STEP TOWARD A  
MORE PEACEFUL LIFE ...

ONE YOU DESERVE



Sponsored by:

Suicide Prevention Network

**WHEN** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month, 6:00-7:30pm

August 10 and 24  
September 14 and 28  
October 12 and 26  
November 9 and 23  
December 14 and 28

## WHERE

Partnership Douglas County  
1625 Highway 88, Suite 104  
Minden, NV 89423

This group is open to adults 18 and older who have PTSD. Each facilitated session will include time for sharing but will focus on healing using activities, coping skills and tools to help you overcome PTSD. Educational and mental health resources will be provided.

Sessions are Free of Charge



1625 Hwy 88, Suite 203  
Minden, NV 89423  
Tax ID: 73-1646702

[facebook.com/suicidepreventionnetwork](https://facebook.com/suicidepreventionnetwork)  
[www.spnawareness.org](http://www.spnawareness.org)

775-783-1510 Office