

1625 State Route 88, Ste 101  
 Minden, NV 89423  
 775-783-1510  
 www.spnawareness.org

# May 2025



Suicide  
Prevention  
Network

Sun Mon Tues Wed Thurs Fri Sat

Mental Health Awareness Month  
 Women's Health Month  
 National Military Appreciation Month

Peer Support - Suicide Loss Survivor Group  
 SPN Office 11:30 - 1:00pm  
*This group is held the first Thursday of every month!*

1 Women to Women Support Group  
 SPN Office 6-7:30 PM

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7 Growth Through Change  
 DC Community Center 3:30-4:30 PM

8 Women to Women Support Group  
 SPN Office 6-7:30 PM

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12

13 PTSD Support Group  
 SPN Office 6-7:30 PM

14

15 Women to Women Support Group  
 SPN Office 6-7:30 PM

16

17



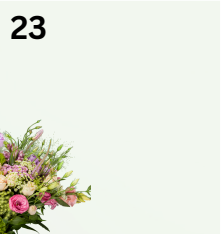
19 Mental Health Monday Walk  
 5:30-6:30 pm  
 Seeman Ranch Park



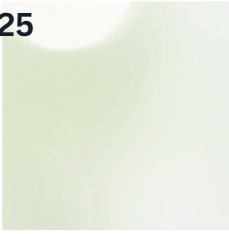
20

21 Growth Through Change  
 DC Community Center 3:30-4:30 PM

22 Women to Women Support Group  
 SPN Office 6-7:30 PM



24



27 PTSD Support Group  
 SPN Office 6-7:30 PM

28

29 Women to Women Support Group  
 SPN Office 6-7:30 PM

30

31

**safeTALK Training**  
 May 21<sup>st</sup>, 9:00-1:00

Training will be at the Partnership Douglas County office, across the hall from Suicide Prevention office

Please RSVP to SPN at 775-783-1510