



Suicide Prevention Network

www.spnawareness.org

775-783-1510

May - Dewhwi wama gum di be? - the thunderstorm moon

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Mental Health Awareness Month

1 Growth Through Change
Douglas County Community Center
3:30-4:30pm

2 Survivors of Suicide Loss
SPN Office
6:00-7:30pm
w/ Gail Jacobs

3 Create the Good
Firehouse
12-2pm



6 Spring into Health: Mindful Self-Care
5:30-7pm
RSVP
775-783-1510

7 Living Out Loud (High School)
SPN Office
2:45-4:00pm

8 Write a thank you card to someone special.

9 50+ Potluck
BHS
12-2pm

10 American Foundation for Suicide Prevention - Create the Good
Firehouse
12-2pm

11 Comedy show and dinner
Hung-A-Lel-Ti Gym
5:30-8pm



13 Spring into Health: Bridging the Gap Between Parents and Children
5:30-7pm
RSVP-775-783-1510

14 PTSD Support Group
SPN Office
6:00-7:30pm

15 Create the Good
Bear Valley
5-7pm
Growth Through Change
Douglas County Community Center
3:30-4:30pm

16 Survivors of Suicide Loss
SPN Office
6:00-7:30pm
w/ Gail Jacobs

17 Create the Good
Firehouse
12-2pm



20 Drink lots of water.

21 Living Out Loud (High School)
SPN Office
2:45-4:00pm

22 Say Affirmations.

23

24 Create the Good
Firehouse
12-2pm

25 Laugh Loudly.



28 PTSD Support Group
SPN Office
6:00-7:30pm

29 Senior Fitness Day

30 Family Movie and Dinner Night
Firehouse
5:30-7pm

31 Create the Good
Firehouse
12-2pm

Family Wellness Month