



Suicide Prevention Network

www.spnawareness.org

775-783-1510

May

"Prevention starts here"

-SPN Staff

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

4 150th Kentucky Derby

5 CINCO de MAYO
Teacher Appreciation Week

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 Chamber Coffee
Carson Valley

9 Children's Mental Health Awareness Day

10 Write a thank you card to someone special.

11 Mental Wellness Walk and Resource Fair @Minden Park 9-11am

12 Mother's Day

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 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

18 ARMED FORCES DAY

19

20 Drink lots of water.

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

22 Say Affirmations.

23

24 Laugh Loudly.

25

26

27 MEMORIAL DAY

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

29 Senior Fitness Day

30

31 Family Wellness Month