

# Prevention Starts Here



Suicide  
Prevention  
Network

## Peer Support-Suicide Loss Support Group

Connect with others in the community who are traveling a similar path. We invite you to come listen, share, and receive support in a caring environment.

Meets the 1st Thursday of the month from 11:30a.m.-1p.m. at the SPN Office. FREE of charge and open to 18+. Snacks and refreshments provided.

## PTSD Support Group

These peer-led sessions include time for sharing and focus on healing using activities, coping skills, and tools to help you take that first step toward a more peaceful life ... one you deserve!

Meets the 2nd and 4th Tuesday of the month from 6:00p.m.-7:30p.m. at the SPN Office. FREE of charge and open to 18+.

## Growth Through Change: Tools for Life's Changes

Change isn't always easy. This peer-led program offers tangible tools to help navigate challenges that can come with the ups and downs of life.

Meets the 1st and 3rd Wednesday of the month from 3:30p.m.-4:30p.m. at the Douglas County Community and Senior Center in Gardnerville. FREE of charge and open to 18+.

## “Breaking Down Barriers” Maturing Men’s Support Group

This no-cost therapeutic support group provides a safe, confidential space for men ages 35 and older to connect, reflect, and grow. Guided by a licensed clinical social worker, the group encourages open conversation around life's challenges while breaking down stigma and isolation. The group supports men in developing self-awareness, resilience, and healthier connections while navigating life transitions and emotional well-being.

*We offer trainings and presentations free of charge to service providers, service clubs, educators, health professionals, faith-based organizations, and community members to educate those who want to know more about suicide prevention and building more healthy and resilient communities.*



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