

# 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.

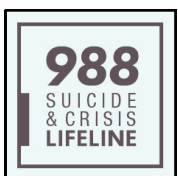
Meets the 1st and 3rd Wednesday of the month from 3:30p.m.-4:30p.m. at the Douglas County Community and Senior Center in Gardnerville. FREE of charge and open to 18+.

## **Women-to-Women Support Group**

If you are a woman experiencing a shift in relationships, the loss of a loved one, health issues, career changes, retirement, or is affected by substance abuse, we invite you to come together with others going through similar challenges.

Meets every 1st and 3rd Thursday from 5:30p.m.-7:00p.m. at the SPN Office. FREE of charge and open to 18+. Snacks and refreshments provided.

***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 resilient, healthy communities.***



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Minden, NV ~ [www.spnawareness.org](http://www.spnawareness.org)

This programming is sponsored (in part) by Partnership Douglas County and by SAMHSA and/or the Substance Abuse Treatment Agency of Nevada (SAPTA) and Douglas County's One Nevada.