Suicide Prevention Network
www.spnawareness.org
775-783-1510

October

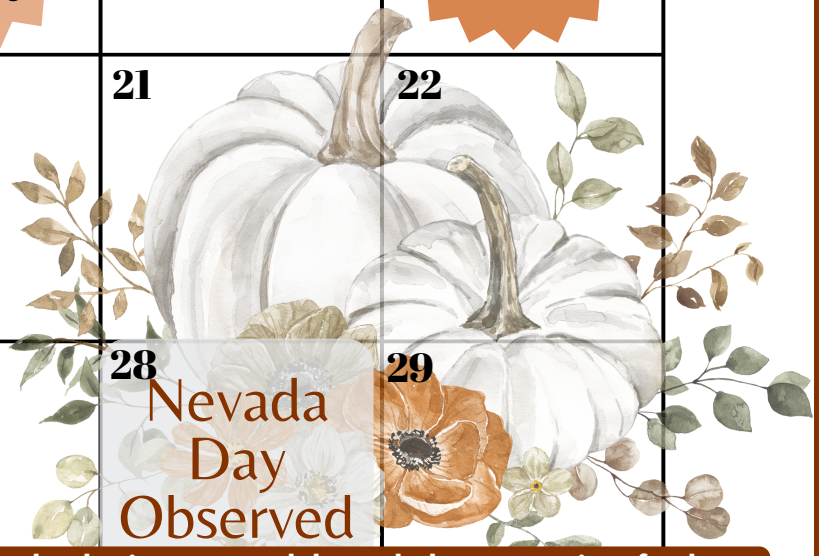
"Prevention begins here"
-SPN Staff

Mental Illness Awareness Month

Bullying Prevention Month

Domestic Violence Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Children's Health Day	4	5 Growth Through Change DCCC CVMC Room 3:30-4:30pm	6 Suicide Loss Survivors Support Group SPN Office 6:00-7:30pm	7 World Smile Day	8 Intero Chili Cook off 11:30am- 3pm
9 Mental Wellness Tip: Cook a new meal you've never tried before!	10 World Mental Health Day	11 PTSD Support Group SPN Office 6:00-7:30pm	12 National Take Your Parents To Lunch Day	13 Mental Wellness Tip: Try a mindfulness skill like meditating or coloring book!	14	15 Mental Wellness Tip: Call an old friend today!
16	17 Mental Wellness Tip: Volunteer today for a local good cause!	18	19 Growth Through Change DCCC CVMC Room 3:30-4:30pm	20	21	22
23	24 Nevada Day	25 PTSD Support Group SPN Office 6:00-7:30pm	26 National Pumpkin Day	27	28 Nevada Day Observed	29
30	31 Happy Halloween					



This calendar is supported through the generosity of a donor who has lost a loved one to suicide.