



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

February - Dewyuli? gum di'be? (the ghost moon)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

National Black History Month

1 National Freedom Day
13th Amendment

2 **CREATE THE GOOD Firehouse**
12-2pm

3 Women Physicians Day

4 World Cancer Day

5

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

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

8 **50+ POTLUCK**
BHS Bldg.
12-2pm

9 **CREATE THE GOOD Firehouse**
12-2pm

10 Tell someone your story

11 Make a Friend Day

12 National Freelance Writers Appreciation Week

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

Valentine's Day

15 ***All New***
Survivors of Suicide Group
SPN Office
6:00-7:30pm
Gail Jacobs

16 **CREATE THE GOOD Firehouse**
12-2pm

17 Random Acts of Kindness Day

18 Presidents Day

19 PRESIDENTS DAY

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

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

22

23 **CREATE THE GOOD Firehouse**
12-2pm

24 Give out Free Hugs

25 Teach someone something

26

27 **DHS LUNCH**
PTSD Support Group
SPN Office
6:00-7:30pm

28 All you need is love

29 **SENIOR SOAK**
Grover Hot Springs
9:30-11am

Boost Self Esteem Month