



Enhancing Youth Mental Health & Wellbeing Program



September is Suicide Prevention Month — Be the Difference.

Question, Persuade, Refer (QPR):

Is a 90 minute life-saving, evidenced based, suicide prevention intervention training for youth service provides over the age of 18.

What You Will Learn:

- Recognize the warning signs and risk factors of suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resources



Erick A Garcia
"You Are Enough" Foundation™

Get Certified For FREE!

Reserve your spot today!

Training Dates Every Wednesday in September 2026

- 9/2 10am-11:30 or 1pm-2:30pm
- 9/9 10am-11:30 or 1pm-2:30pm
- 9/16 10am-11:30 or 1pm-2:30pm
- 9/23 10am-11:30 or 1pm-2:30pm
- 9/30 10am-11:30 or 1pm-2:30pm

**Recognize the signs. Offer hope.
Save a life.**

To Register Call (818)718-5903 or Email:
kimberly.pichinte@commonspirit.org