



QPR

Question, Persuade & Refer

One question could save a life.

It's just as important to learn potentially lifesaving first aid for mental health as it is for physical health. QPR teaches you how to ask someone you are worried about if they are thinking about suicide. You will also learn about risk factors, warning signs, available resources and common myths about suicide.

Wednesday, January 30, 2019, 6:30-8:30 pm

Marjorie Stewart Community Center
21907 SW Sherwood Blvd, Sherwood, OR 97140

To register or for more information, visit www.GetTrainedtoHelp.com. Use registration code "Sherwood".

Training is free and open to those ages 18 years and older. Refreshments will be provided.

**GETTRAINED
TOHELP.COM**

Mental health matters for all



WASHINGTON COUNTY
OREGON
Department of Health and Human Services

Rotary
Club of Sherwood
Oregon



Marjorie Stewart
SENIOR COMMUNITY CENTER