

**FREE** training sponsored by  
in Partnership with the



**SUICIDE  
PREVENTION  
COALITION OF  
CLACKAMAS COUNTY**

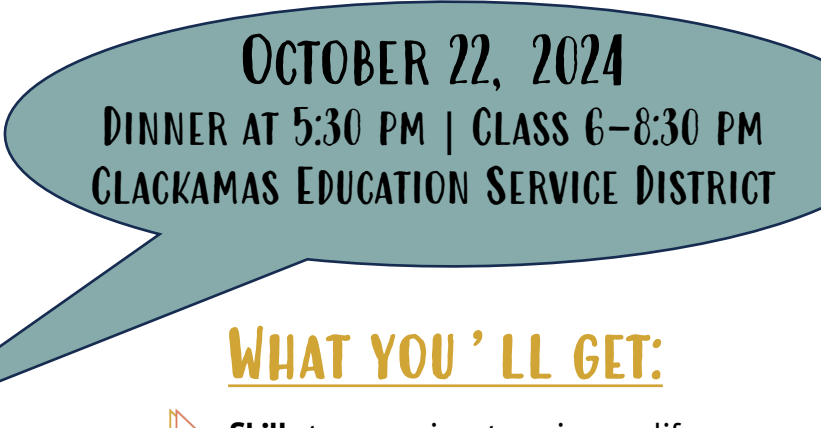
WHAT IS IT??

**QPR+** is a **suicide awareness training** with a simple framework! Discover how youth & the adults in their lives experience stress, identify “bite size” self-care activities that can help before stress becomes too much, & learn the Question, Persuade, Refer best practice skills about how to recognize warning signs of suicide and connect someone to help!

**These are tools EVERY family can use!** QPR is supported throughout Oregon & this training has been customized for **youth (ages 12 and older) and families to COME TOGETHER, LEARN TOGETHER, and STAY SAFE TOGETHER!**

**REGISTER TODAY  
ADULT & YOUTH  
ATTEND TOGETHER!**

CLICK OR SCAN TO  
REGISTER



**OCTOBER 22, 2024**  
**DINNER AT 5:30 PM | CLASS 6-8:30 PM**  
**CLACKAMAS EDUCATION SERVICE DISTRICT**

**WHAT YOU 'LL GET:**

- ▶ **Skills** to recognize stress in your life
- ▶ Bite-sized **self-care** & tools to use before stress feels like too much
- ▶ Skills to **recognize & support** people with thoughts of suicide
- ▶ **Conversation starter activity** & form for your home!
- ▶ Yummy **snacks**, fun **fidgets**, tons of **resources** & a QPR booklet
- ▶ **Connection** with those that matter in your life – **PRICELESS!**



This training team, Charlette Lumby, RN, CCRN & Michelle Bangen, MPH, CHES bring their energy, passion, and a combined three decades of experience to solving complex, interconnected social issues and building capacity for prevention.

