

Suicide Prevention Training

Free and Open to the Public

Question, Persuade, Refer (QPR) teaches 3 simple steps anyone can learn to help save a life. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone for help.

Thursday, March 21
11:00am – 1:00pm
Woburn Council on Aging
144 School Street
Woburn, MA

By taking QPR training you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

This training is presented by Riverside Trauma Center, a service of Riverside Community Care, and is appropriate for everyone. You never know when you may be called upon to help. Please join us in saying YES to saving the life of a friend, colleague, child, sibling, or neighbor.

CEUs will be available for social workers, nurses and licensed mental health counselors.

Please RSVP to 781-897-5960 or email jtanner@cityofwoburn.com

Bag lunch will be provided by the COA

Sponsored by Minuteman Senior Services, in collaboration with the Woburn Council on Aging and Riverside Trauma Center, a service of Riverside Community Care. This project is funded through CHNA15 DoN funds from Lahey Hospital and Medical Center and Winchester Hospital

