

Healing, Hope, & Help

SUICIDE
PREVENTION
NETWORK

March 2025



Here's what happened in the last month!

We want to share with you some events that took place last month ...

- Began our Women to Women Support group (held every Thursday evening - 6:00-7:30 pm)
- "Glimmers" event with Minden Elementary Hope Squad students. Glimmers are moments that make you smile, stop in your tracks, or say, "wow".
- A new session of our "Maturing Men's Group began for 8 weeks.
- Participated with Douglas County Leadership members at the Museum with information on SPN/resources.
- Attended the Chamber's Women in Business event.

These events are just some of the outreach we are involved with in our mission to make a real difference in the lives of those who need it most.

Finally, we want to remind you that our non-profit relies on the kindness, generosity, and support of you ... our community members. If you are able to donate, please do not hesitate to reach out to us.

Debbie Posnien
Executive Director

Self-Harm Awareness Month

Self-Harm Awareness Month is a chance to talk openly about self-harm and its effects on people's lives, to raise awareness and start important conversations, to break the silence and stigma around something that's often hidden. Those who struggle with self-harm can feel isolated, so this month helps remind them they're not alone and to make it easier for people to ask for help. When someone hurts themselves on purpose, often as a way to deal with overwhelming emotions like sadness, anxiety, or frustration, it's important to know that self-harm isn't always about trying to end one's life—it's more about coping with intense feelings that can feel impossible to manage.

During this month, we focus on spotting the signs, like cuts or burns, and noticing when someone may be pulling away from others. The hope is that by recognizing these signs early, we can step in with care and understanding - encouraging people to reach out for support and find healthier ways to cope with their emotions. Mental health groups, counselors, and therapists use this time to share resources, advice, and stories from those who have healed, showing that recovery is possible.

In this newsletter
you can find:

Ongoing Groups

Monthly Awareness
Topics

Random Acts of
Kindness

March is ...

Self-Harm
Awareness Month
Disability
Awareness Month
National
Nutrition Month





Ongoing Groups

PTSD Support Group

2nd and 4th Tuesday of the month
6:00 - 7:30 pm at SPN office

Peer Support - Suicide Loss Survivor Group

1st Thursday of the month
11:30 am - 1:00 pm at SPN Office

Women to Women Support Group

Every Thursday of the month
6:00 - 7:30 pm at SPN Office

Growth Through Change

1st and 3rd Wednesday of the month
3:30 -4:30 pm at the Douglas County
Community Center



Disability Awareness Month

Disability Awareness Month is all about recognizing and celebrating the strengths of people with disabilities and to highlight how important inclusion and accessibility are in every part of life, from schools and workplaces to communities. It helps remind us that people with disabilities have so much to offer, and it encourages everyone to think about how we can make the world a more welcoming place for everyone.

Throughout the month, organizations and advocates work to share information about the many different types of disabilities—whether physical, sensory, or mental health-related, with a goal to break down misconceptions and stereotypes, helping everyone understand that disability doesn't define a person's worth. It's also about showing that people with disabilities aren't something to pity—they are valuable members of society.

The heart of Disability Awareness Month is about sparking action. It's not just about raising awareness, but also about inspiring people to make a real difference. Whether it's advocating for better policies, improving physical accessibility, or simply being more considerate in our everyday actions, this month reminds us that we all have a part to play in creating a world where people with disabilities can thrive.

National Nutrition Month

National Nutrition Month is all about focusing on the importance of making healthier food choices and taking care of our bodies through better eating habits. It's a time to learn how food affects our overall health and how small changes can make a big difference. Whether it's choosing more fruits and vegetables, understanding food labels, or finding new ways to cook, this month encourages everyone to take a closer look at their eating habits and how they can improve them.

Throughout the month, nutrition experts and organizations share helpful tips and ideas to make eating healthier easier. From learning the basics of portion sizes to exploring different types of diets that fit our lifestyles, it is about making informed choices that work for each person. It's not about being perfect—it's about finding balance and making small, manageable changes that support a healthier, happier life. This month also reminds us that healthy eating doesn't have to be hard or expensive. It's about building habits that are sustainable over time, like planning meals, making better food swaps, or just learning to enjoy cooking at home. The goal is to show that nutrition can be a part of everyday life without feeling overwhelmed.

Random Acts of Kindness

A few ideas for small, thoughtful actions that can brighten someone's day.

- Pay for someone's coffee or meal anonymously.
- Leave an encouraging note for someone to find.
- Compliment someone on their smile or work or style.
- Hold the door open for someone.
- Donate clothes to a charity or shelter.
- Help someone out with a task, especially if they're elderly or have children.
- Smile through your day!
- Drop a note or card to someone you haven't seen in awhile.
- Let someone go ahead of you in a line.