

1625 State Route 88, Ste 101
Minden, NV 89423
775-783-1510
www.spnawareness.org



Suicide
Prevention
Network

January 2025

Sun Mon Tues Wed Thurs Fri Sat

Mental Wellness Month
National Blood Donor Month

1
Growth Through
Change
DC Community
Center
3:30-4:30 PM

2
Peer Support -
Suicide Loss
Survivor Group
SPN Office
11:30 - 1:00pm

3

4



6

7
PTSD Support
Group
SPN Office
6-7:30 PM

8
*Vision Board
Workshop*
DC Community
Center
1:00-3:00pm

9

10 **11**
**TAKE CARE
OF YOURSELF**

12

13

14
PTSD Support
Group
SPN Office
6-7:30 PM

15
Growth Through
Change
DC Community
Center
3:30-4:30 PM

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28
PTSD Support
Group
SPN Office
6-7:30 PM

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