



Suicide Prevention Network

www.spnawareness.org

775-783-1510

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July

"Prevention starts here"
-SPN Staff

1 Alpine Summer Camp Hung-A-Lel-Ti Firehouse Monday - Wednesday 9am-12pm	2 PTSD Support Group SPN Office 6:00-7:30pm	3 Growth Through Change Douglas County Community Center 3:30-4:30pm	4 Independence Day! SPN is closed!	5 Watch a funny video.	6 Tell someone that you appreciate them.
7 Alpine Summer Camp Monday - Wednesday 9am-12pm	8 PTSD Support Group SPN Office 6:00-7:30pm	9 Panic Attack Awareness Day	10 Survivors of Suicide Loss SPN Office 6:00-7:30pm w/ Gail Jacobs	11 Dunk 4 Charity Stewart Title Parking Lot 10:30am-4pm	12 BIPoC Mental Health Month #STRENGTHEN COMMUNITIES MHA
14 Alpine Summer Camp Monday - Wednesday 9am-12pm	15 Growth Through Change Douglas County Community Center 3:30-4:30pm	16 International Self-Care Day	17 Survivors of Suicide Loss SPN Office 6:00-7:30pm w/ Gail Jacobs	18 Watch a funny video.	19 Tell someone that you appreciate them.
21 Alpine Summer Camp Monday - Wednesday 9am-12pm	22 PTSD Support Group SPN Office 6:00-7:30pm	23 International Self-Care Day	24 Survivors of Suicide Loss SPN Office 6:00-7:30pm w/ Gail Jacobs	25 Watch a funny video.	26 Tell someone that you appreciate them.
28 Alpine Summer Camp Monday - Wednesday 9am-12pm	29 PTSD Support Group SPN Office 6:00-7:30pm	30 International Day of Friendship	31 Survivors of Suicide Loss SPN Office 6:00-7:30pm w/ Gail Jacobs	32 Watch a funny video.	33 Tell someone that you appreciate them.

