

1625 State Route 88, Ste 101  
Minden, NV 89423  
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www.spnawareness.org



Suicide  
Prevention  
Network

# December 2024

| Sun   | Mon | Tues  | Wed  | Thurs   | Fri   | Sat   |
|---|-----|---|--|---|---|---|
| 1<br>Seasonal Affective Disorder (SAD) Awareness Month                                    | 2   | 3   | 4<br>Growth Through Change<br>DC Community Center<br>3:30-4:30 PM                          | 5<br>International Volunteer Day                            | 6   | 7   |
| 8   | 9   | 10<br>PTSD Support Group<br>SPN Office<br>6-7:30 PM                                       | 11   | 12  | 13  | 14<br> |
| 15<br>  | 16  | 17<br>PTSD Support Group<br>SPN Office<br>6-7:30 PM                                       | 18<br>Growth Through Change<br>DC Community Center<br>3:30-4:30 PM                         | 19<br>Suicide Loss Support Group<br>SPN Office<br>6-7:30 PM | 20  | 21<br>Solstice Walk<br>Heritage Park Gardens<br>10-11 am                                  |
| 22  | 23  | 24  | 25<br> | 26<br>Kwanzaa ~ 26 Dec / 1 Jan<br>Hanukkah ~ 25 Dec / 2 Jan | 27  | 28  |
| 29<br> | 30  | 31<br> |  |   |  |   |