

# Prevention Starts Here



Suicide  
Prevention  
Network

## Peer Support-Suicide Loss Support Group

Starting January 2nd, 2025, we invite you to get connected with others in the community. Come listen, share, and receive support from peers who are traveling a similar path.

Meets the 1st Thursday of the month from 11:30am-1pm at the SPN Office. FREE of charge and open to 18+. Snacks and refreshments provided.

## PTSD Support Group\*

We invite you to our facilitated sessions that include time for sharing and focuses on healing using activities, coping skills, and tools to help you take that first step toward a more peaceful life ... one you deserve!

Meets the 2nd and 4th Tuesday of the month from 6:00-7:30 pm at the SPN Office. FREE of charge and open to 18+.

## Growth Through Change: Tools for Life's Changes

Change isn't always easy. This peer-led program offers tangible tools to help navigate challenges that can come with the ups and downs of life's challenges.

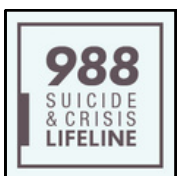
Meets the 1st and 3rd Wednesday of the month from 3:30 - 4:30 pm at the Douglas County Community and Senior Center in Gardnerville. FREE of charge and open to 18+.

## Women-to-Women Support Group

If you are a woman who is experiencing a shift in relationships, the loss of a loved one, health challenges, career changes, retirement, or affected by substance abuse, we invite you to come together with others going through the same life challenges.

Meets every Thursday from 6:00p.m. - 7:30p.m. at the SPN Office. FREE of charge and open to 18+. Snacks and refreshments provided.

*We offer training and presentations free of charge to service providers, service clubs, educators, health professionals, faith communities, and community members to educate those who want to know more about suicide, the health risks to our community and warning signs.*



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Minden, NV ~ [www.spnawareness.org](http://www.spnawareness.org)

This programming is sponsored (in part) by Partnership Douglas County and by SAMHSA and/or the Substance Abuse Treatment Agency of Nevada (SAPTA) and Douglas County's One Nevada.