



Suicide Prevention Network

www.spnawareness.org

775-783-1510

June

"Prevention starts here"

-SPN Staff

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

PTSD
AWARENESS
MONTH



National Alzheimer's and
Brain Awareness Month



Experiment with
something new
today.

PRIDE MONTH

2

3

4
Living Out Loud
(High School)
SPN Office
2:45-4:00pm

5
Growth
Through
Change
Douglas County
Community
Center
3:30-4:30pm

6
Survivors of
Suicide Loss
SPN Office
6:00-7:30pm
w/ Gail Jacobs

7

Carson Valley Days



9



International
Men's Health
Week
10th-16th

10

11
PTSD Support
Group
SPN Office
6:00-7:30pm

12

13

14
Douglas High
Graduation
for Class of 2024



15
Hike for Hope
Begins



16

HAPPY
Father's
DAY

17



Relax in a
warm bath.

18

19
Growth
Through
Change
(Nature Walk)
@Lampe Park
3:30-4:30pm

20

Survivors of
Suicide Loss
SPN Office
6:00-7:30pm
w/ Gail Jacobs

21

ASIST Training
June 20 & 21
8am-5pm
@Western Nevada
Community College

22

23



Practice
relaxation.

24

25

PTSD Support Group
SPN Office
6:00-7:30pm

Grandparents as Parents
5:30pm-7pm @Partnership DC
RSVP 775-783-1510

26

27

Vision Board
Douglas County
Community Center
1-3pm

28

29

RSVP 775.783.1510

30