

FREE!

FREE WORKSHOP: Question, Persuade, Refer (QPR)



**FREE
Child Care Available**

INTENDED AUDIENCE:

- Young Adults/Adolescents
- Parents/Grandparents/Guardians
- Youth Leaders/Mentors/Faith Leaders



Participant Learner Objectives:

- Acquire skills for identifying the warning signs of suicide and responding appropriately and quickly
- Identify crisis resources in the area and learn how and when to access them
- Achieve a greater understanding of means restriction and its relationship to completed suicide
- Learn various options for restricting access to firearms and other lethal means

QPR is a free one-hour presentation sponsored by NAMI MN. QPR covers the three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in more than 48 states.

Date: Tuesday, March 14

Time: 6:30—7:30

Location: Sandburg Learning Center
2400 Sandburg Lane
New Hope, MN 55427

Cost: FREE

RSVP electronically:

Melodie_hanson@rdale.org

RSVP by phone: 763-504-4981

If you need child care, please leave the names and ages of your children.

Sponsored by:

Robbinsdale Area Schools— Redesign Family Services Collaborative, and Community Education;

Bonfire Ministry — Health & Wellness Team



Kara Bennett, Coordinator of Suicide Prevention Programs – Kara has been with NAMI Minnesota since August of 2014. She coordinates all things suicide prevention and facilitates workshops to a variety of audiences across the state. These workshops include Hope for Recovery, Ending the Silence, Youth Mental Health First Aid, Adult Mental Health First Aid, Connect Suicide Postvention, Means Restriction Education, QPR, and safeTALK. Kara has a BS in Communication and TESOL (*Teachers of English to Speakers of Other Languages*) from Eastern Michigan University.

NAMI Minnesota is a statewide grassroots nonprofit organization dedicated to improving the lives of children and adults living with mental illnesses, and their families. All professional staff and volunteers at NAMI Minnesota either live with a mental illness or have a family member who lives with an illness. Unique to NAMI is the “lived” perspective and experience incorporated in NAMI trainings.