

FREE QPR TRAINING & MENTAL HEALTH AWARENESS FOR TEENS

MENTAL HEALTH CPR



**WITH
QPR CERTIFIED
INSTRUCTOR
SUZI FREEMAN**

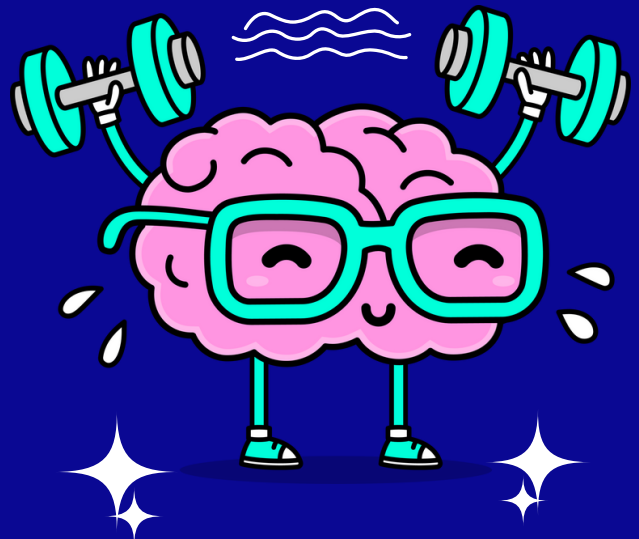
- QPR is evidence based, peer reviewed and is likened to a mental health version of CPR
- Teens **ONLY** class environment, learning the myths and facts about mental health & suicide
- Learn to spot warning signs
- Learn how to Question, Persuade & Refer someone for help, to save a life
- **FREE** Pizza for all attendees

**WED., APRIL 26 2023
5-6:30 p.m.**

**Southeast Regional Library
in the SHAKESPEARE ROOM
775 North Greenfield Road
Gilbert, AZ 85234**

REGISTER HERE

**Attendees under 18 years old must
complete online Permission form
(found with registration)**



*Class Sponsored by
Gilbert Leadership Class #31 &
Suzi Freeman*

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