



Virtual QPR Training for Caregivers

Attend a Life Saving Training

QPR: QPR stands for Question, Persuade, and Refer

3 simple steps that anyone can learn to help save a life from suicide.

**Just as people trained in CPR help save thousands of lives each year,
people trained in QPR learn how to:**

- recognize the warning signs of a suicide crisis
- how to ask someone directly if they are feeling suicidal
- how to refer someone to help

While the information taught in this training is applicable to all people of all ages, we will spend extra time focusing on how this applies to the youth in our lives.

Need an Interpreter?

**Simultaneous
interpretation will be
available for all sessions.**

**Simply select your
language preference and
translation request in the
registration form 72 hours
in advance**

Upcoming Session

September 6, 2023 11:00am - 12:30pm

September 20, 2023 5:30pm - 7:00pm

September 26, 2023 5:30pm - 7:00pm

November 15, 2023 11:00am - 12:30pm

January 31, 2024 11:00am - 12:30pm

March 12, 2024 11:00am - 12:30pm

Register Here

Training sessions have limited capacity. Please
only register if you plan to attend.