

# Q.P.R QUESTION, PERSUADE & REFER



## SUICIDE PREVENTION TRAINING

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

Participants trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

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## TRAINING SCHEDULE



### ZOOM VIRTUAL TRAINING

Thursday, June 29  
10 a.m.-Noon

### IN-PERSON TRAINING

Held at 4850 Mark Center Dr., Conf. Room 9259



Monday, July 31  
10 a.m.-Noon

Tuesday, August 22  
2-4:00pm



For more information, contact [temi.aregbesola@alexandriava.gov](mailto:temi.aregbesola@alexandriava.gov).

For reasonable disability accommodations, contact [maurice.tomdio@alexandriava.gov](mailto:maurice.tomdio@alexandriava.gov)  
or 571.384.5244, Virginia Relay 711.