



**Oregon
Family Support
Network**

4275 Commercial St. SE, Suite 180
Salem, OR 97302
<http://ofsn.org/>

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QPR

For Suicide
Prevention

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Registration for these free trainings is required. To register please call Oregon Family Support Network at (503) 363-8068 or go to ofsn.org and under the "Training" tab, select "Training Calendar" from there locate the training you would like to attend and register.

Please note we are offering three different training dates and times to accommodate more guests. Please only register for one training.

OFSN is approved by the Oregon Health Authority to provide Continuing Education Units to all traditional health workers (Community Health Workers, Personal Health Navigators, Doulas Peer Support Specialists, and Peer Wellness Specialists). This OFSN training is approved for 2 continuing education hours.

If you require accommodations, please let us know at least one week prior to the event.

Date: October 20th, 2018

Time: 10:00 am – 12:00 pm

Location: Judson Middle School 4512 Jones Rd
SE, Salem, OR 97302

Date: November 2nd, 2018

Time: 10:00 am – 12:00 pm

Location: Oregon Family Support Network
4275 Commercial St. SE, Suite 180
Salem, OR 97302

Date: November 13th, 2018

Time: 6:00 pm – 8:00 pm

Location: Oregon Family Support Network
4275 Commercial St. SE, Suite 180
Salem, OR 97302