

UPCOMING PROGRAMS

Love Shouldn't Hurt

In recognition of National Teen Dating Violence Awareness and Prevention Month, this virtual discussion will explore what a healthy relationship looks like and the warning signs of an unhealthy relationship, which can include not only physical and/or sexual violence but also more subtle behaviors such as emotional and verbal abuse, manipulation and control, and digital abuse.

**THURSDAY
FEBRUARY 9, 2023
6:00-7:30 PM**

CLICK HERE TO REGISTER
(YOU WILL RECEIVE A ZOOM LINK VIA EMAIL)

*THIS EVENT IS OPEN TO MIDDLE AND HIGH SCHOOL STUDENTS AND THEIR PARENTS/CAREGIVERS. YOUTH MUST BE ACCOMPANIED BY AN ADULT.

Join us for a virtual discussion hosted by EmPoWER Somerset and the EmPoWER Youth Advisory Board featuring speakers from Safe + Sound Somerset.

**DOOR PRIZES AND
GIVEAWAYS
INCLUDING
APPLE AIRPODS!**



This event was funded by the New Jersey Department of Health Personal Responsibility Education Program, U.S. Department of Health and Human Services grant #210101PREP

Question. Persuade. Refer. (QPR) Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. In three steps anyone can learn to help prevent suicide. This virtual training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.



February 22, 2023

6:30 pm - 8:30 pm

Click Here To Register

(Registration ends on February 16th)

YOU WILL RECEIVE A ZOOM LINK VIA EMAIL



KEY COMPONENTS COVERED IN THE TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis



Governor's Council on
ALCOHOLISM & DRUG ABUSE



Join us as Somerset County Municipal Alliances host presenters, Tracey Heisler and Ellen Davis, in an Adverse Childhood Experiences & Trauma Informed Care Workshop. Adverse Childhood Experiences (ACEs) are common, interrelated, and powerful. Join us and learn more about the groundbreaking ACEs study, the

neurobiological adaptations that occur in childhood as a result of toxic stress, the intergenerational role that ACEs play in families, and the core protective factors that insulate children from exposure to adverse childhood experiences.



FEBRUARY 15TH 2023

6:00-8:00PM

Zoom Link: bit.ly/3QMPVFw