

UPCOMING PROGRAMS

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 training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.



January 18, 2023
10:00 am - 12:00 pm
at the Bernards Library
(32 S Maple Ave, Basking Ridge, NJ)

[Click Here To Register](#)
(Registration ends on January 16th)

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



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.



January 24, 2023
6:30 pm - 8:30 pm
Click Here To Register
(Registration ends on January 20th)

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



Bernards Township
Cat and Dog
Licenses due by
1/31/23! [Click here](#)

FREE Rabies
Clinic Sat, Jan
14th 10 am - 12
pm - [see flyer](#)



Grab n Go

Last Grab n Go Teen Outreach
Pick up will be Wed 12/21 5-7 pm
and 12/22 3-5 pm at the
Bernards Township Library.



INDIEFLIX
PRESENTS

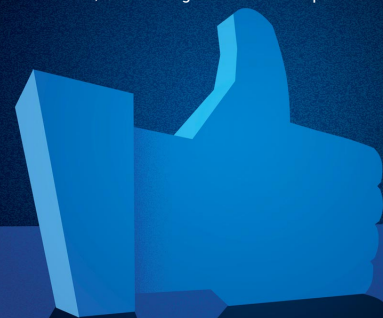
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A DOCUMENTARY ABOUT THE IMPACT
OF SOCIAL MEDIA ON OUR LIVES

TheLikeMovie.com

**Virtual Documentary Screening
& Panel Presentation**

Sponsored by: Watchung Hills Regional, North Plainfield,
Somerset Hills, Somerville, Manville, Montgomery-Rocky Hill,
Bernards, & Hillsborough Millstone Municipal Alliances



Thursday, December 9th 7:00 pm

[Click Here to View Flyer](#)
[Click Here to Register](#)