



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



March 6, 2024

6:30 pm - 8:30 pm

[Click Here To Register](#)

(Registration ends on March 4th)

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



The Bernards Township Health Department and Stacey Uhrig present:

## SELF MASTERY SEMINAR SERIES WHAT IS TRAUMA REALLY?

Discover the significance behind the buzzword "trauma." Join Stacey Uhrig for an insightful exploration into its impact on mental and physical well-being. **Gain a deeper understating of this pervasive term and its relevance in today's world.** Don't miss out on unraveling the complexities of trauma and its implications for individuals and society.



Date  
March 21, 2024



Time  
5:30pm-7:30pm

Warren Craft Room  
Bernards Township Townhall  
1 Collyer Lane  
Basking Ridge, NJ 07920



Call 908-204-3069 or email [ahuber@bernards.org](mailto:ahuber@bernards.org) to register

Learn more by visiting

[www.flipyourmindset.com](http://www.flipyourmindset.com)

Bernards Township Health Department  
262 S. Finley Ave., Basking Ridge, NJ 07920  
[www.bernardshealth.org](http://www.bernardshealth.org) - Info: 908-204-3070

Contractual Health Agency for:  
Bernards Township  
Bernardsville Borough  
Clayton Borough  
Long Hill Township  
Menasha Borough  
Peapack-Gladstone Borough

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PICK UP AT THE HEALTH  
DEPARTMENT



[Click here for more!](#)

**SATURDAY, APRIL 20 - 9:00 AM**  
Secaucus High School, 11 Millridge Road, Secaucus, NJ 07094