

# PTSD SUPPORT GROUP

This is a FREE group for anyone 18 and older who has experienced trauma. Come share and develop new skills on your path toward healing.

Every 2nd and 4th  
Tuesday from  
6:00pm to 7:30pm  
at SPN's Office



**Suicide  
Prevention  
Network**

1625 Hwy 88 Suite 101  
Minden, NV 89423  
(775) 783-1510  
spnawareness.org



This programming is sponsored (in part) by Partnership Douglas County and by SAMHSA and/or the Substance Abuse Treatment Agency of Nevada (SAPTA).

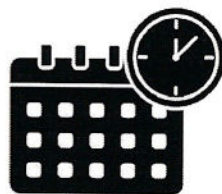




# Survivors of Suicide Loss **SUPPORT GROUP**

If you are over +18 and have lost someone to suicide, we invite you to join our FREE group that provides healing and support through grief and the complex emotions that follow a loss.

**1st and 3rd**  
**THURSDAY**  
6:00PM - 7:30PM



Facilitated by:

**GAIL JACOBS, LCSW**



Suicide  
Prevention  
Network



## **QUESTIONS?**

Suicide Prevention Network

775-783-1510

[Spnawareness.org](http://Spnawareness.org)

1625 Hwy 88, Suite 101 Minden, NV 89423

# Growth Through Change Program

Change is different for everyone, but one thing we can all agree on is that big or small, change isn't always easy.

Growth Through Change is a peer-led program that offers tangible tools to help navigate the challenges that can come with these ups and downs of life.

*"The only way to make sense of change is to plunge into it, move with it and join the dance." Alan W. Watts*

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## Where:

Carson Valley Health Room  
Douglas County Community  
& Senior Center  
1329 Waterloo Lane  
Gardnerville, NV 89410

Meetings are FREE of charge.  
Call 775-783-1510  
for more information.

## When:

1st and 3rd Wednesday  
of each month  
3:30-4:30pm



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# LIVING OUT LOUD

## TEEN ADVOCACY GROUP

A teen group  
that  
encourages  
growth  
through self-  
directed  
activities.

Suicide Prevention  
Network office:  
2:45pm-4pm

First & third  
Tuesday of every  
month



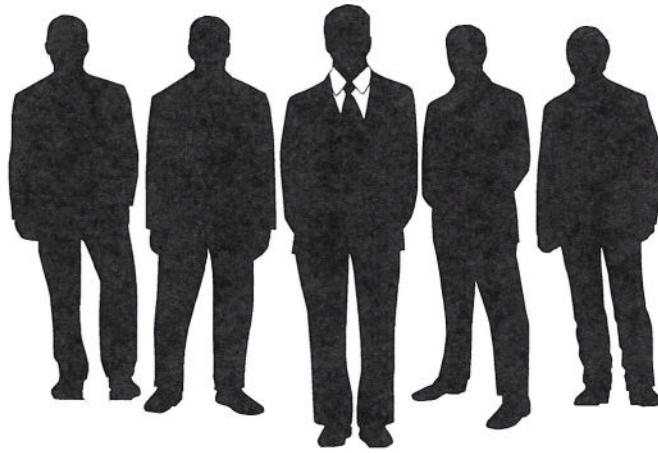
SUICIDE PREVENTION NETWORK  
[WWW.SPNAWARENESS.ORG](http://WWW.SPNAWARENESS.ORG)  
775-783-1510

ANY QUESTIONS?  
EMAIL: [AVA@SPNAWARENESS.ORG](mailto:AVA@SPNAWARENESS.ORG)

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# Maturing Men's Group



## Therapeutic Support for Men Over 50

*For those of us who sometimes wonder whether we are living consciously or bumping along in the dark*

Stress, Depression, & Anxiety  
Relationships  
Healthy Aging  
Defining Success

Battling Shame  
Sex and Intimacy  
Grief and Loss  
Interpersonal Boundaries

**Please call for information and to reserve a spot now!**

Frank Jacobelli MSW, LCSW  
(775) 691-3482  
FJJLCSW@gmail.com  
NV LIC. 01886-C



**Suicide  
Prevention  
Network**



safeTALK

## safeTALK Suicide Awareness Training

SafeTALK is a suicide alertness training for everyone. In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave safeTALK more willing and able to perform an important helping role for persons with thoughts of suicide.

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**Friday, March 15, 2024**

**9:00am – 12:30pm**

**(check in at 8:45am)**

**Western Nevada College, Carson City, BRIS Bldg Room 321**

**Sponsored by the NSHE SAMHSA grant and WNC  
Academic Advising and Access**

***To register for the class, please notify Kim DesRoches  
at [kim.desroches@wnc.edu](mailto:kim.desroches@wnc.edu)***

***Limited seating-- please register early so we save a seat for you!***

**By Kim DesRoches, Certified safeTALK trainer**

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