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. 

**KEY COMPONENTS COVERED IN 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

For more information about this evidence-based practice, go to qprinstitute.com

**Cost:** FREE to Howard County Residents/Employees

**For more information, contact:**

Amanda@grassrootscrisis.org or 443-538-9909

**Go to** [**www.grassrootscrisis.org/events/**](http://www.grassrootscrisis.org/events/) **to register**

***For Horizon Foundation Grantees*** *– at least one member of your organization must attend a QPR training. Upcoming trainings and registration information is listed on the back.*

*Sponsored by*



**For the 2019 training schedule & to register, go to** [**www.grassrootscrisis.org/events/**](http://www.grassrootscrisis.org/events/)

**QPR Training Dates**

(Subject to change – based on registration)

**COST:** FREE for all Howard County Residents & Employees

**FOR QUESTIONS:** Contact Amanda Ganoe at amanda@grassrootscrisis.org

**When:** March 9, 2019, from 2 -4 p.m.

**Where:** Miller Branch Library, Patapsco Room (9421 Frederick Rd, Ellicott City, Md 21042) - Max 50 registrants

**When:** March 21, 2019, from 5 -7 p.m.

**Where:** Grassroots Crisis Intervention Center (6700 Freetown Rd, Columbia Md 21044-parking can fill up quickly) - Max 20 registrants

**When:** April 1, 2019, from 7 -9 p.m.

**Where:** Grassroots Crisis Intervention Center (6700 Freetown Rd, Columbia Md 21044-parking can fill up quickly) - Max 20 registrants

**When:** April 13, 2019, from 11 a.m.-1 p.m.

**Where:** TBD

**When:** May 1, 2019, from 7 -9 p.m.

**Where:** Grassroots Crisis Intervention Center (6700 Freetown Rd, Columbia Md 21044-parking can fill up quickly) - Max 20 registrants

**When:** May 16, 2019, from 5 -7 p.m.

**Where:** Grassroots Crisis Intervention Center (6700 Freetown Rd, Columbia Md 21044-parking can fill up quickly) - Max 20 registrants

**When:** May 17, 2019, from 12 -2 p.m.

**Where:** Non Profit Collaborative (9770 Patuxent Woods Dr., Columbia, Md 21046) – Max 75 registrants