



# WORRIED ABOUT A FRIEND OR LOVED ONE?

You never know when you may be called upon to help. Please join us in saying YES to saving a life.



**Question, Persuade, Refer (QPR)** teaches three simple steps anyone can learn to help save a life.

***As a QPR-trained Gatekeeper you will learn to:***

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

10/23/19	10-11:30am	Acton Public Safety Facility
11/19/19	7-8:30pm	R.J. Grey Junior High Library
12/10/19	10-11:30am	Sargent Library, Boxborough
1/21/20	7-8:30pm	R.J. Grey Junior High Library
2/27/20	10-11:30am	Sargent Library, Boxborough
3/18/20	7-8:30pm	Acton Senior Center
4/2/20	7-8:30pm	R.J. Grey Junior High Library
5/12/20	10:30am-12pm	Boxborough Community Center
6/8/20	10-11:30am	Acton Memorial Library

**AB CARES** IS A COMMUNITY BASED COLLABORATIVE EFFORT THAT SEEKS TO PREVENT SUICIDE ACROSS THE LIFE SPAN AND SUPPORT ALL WHO ARE IMPACTED BY SUICIDE.