

# THE STRENGTH IT TAKES

Suicide Prevention Today



**Dr. Jerry Reed,  
Director SPRC**

**&**

**Lt. Deuntay  
Diggs**

**Preceded by QPR Training**



**September 29, 2017**

**Optional QPR Training 11 a.m.-noon; Speakers 1 p.m.– 3:30 p.m.**

**Piedmont Virginia Community College, Charlottesville, Virginia**

***Lunch break with a variety of food trucks in the Dickinson parking lot***

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. Christy Letsom will lead the 1-hour training.

**There is a Journey to Success:** Lt. Diggs will share his inspiring story offering hope to those who struggle, and share his vision for communities safe from the tragedy of suicide.

**Progress, Promise and Possibilities:** Dr. Reed will give us insight into how suicide prevention efforts are evolving nationally and how our agencies and communities will play key roles in the future of suicide reduction.

Certificates for QPR training and CEs for attending event.

**FREE EVENT: REGISTER on [Eventbrite.com](https://www.eventbrite.com)**

under "The Strength it Takes," Charlottesville

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