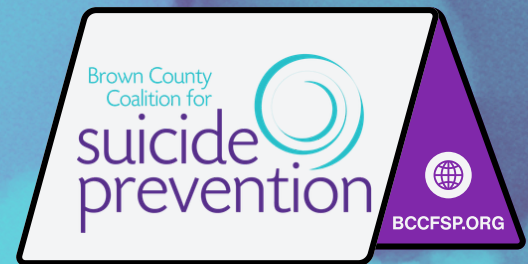


FREE

**Three steps anyone can learn
to help prevent suicide.**



QPR TRAININGS

DE PERE
COMMUNITY
CENTER

OCTOBER 13TH, 2026

Time: 6pm-7:30pm

Instructor: John Bushmaker

 600 GRANT ST, DE PERE, WI



ASHWAUBENON
COMMUNITY
CENTER

OCTOBER 19TH, 2026

Time: 6pm-7:30pm

Instructor: Tina Kemp

 900 ANDERSON DR, ASHWAUBENON, WI



GREEN BAY
ADRC OF BROWN
COUNTY

FEBRUARY 11TH, 2027

Time: 6pm-7:30pm

Instructors: Trina Marquez,
Nichole Riehl

 300 S ADAMS ST, GREEN BAY, WI



DE PERE
NELSON FAMILY
PAVILLION

MAY 6TH, 2027

Time: 3pm-4:30pm

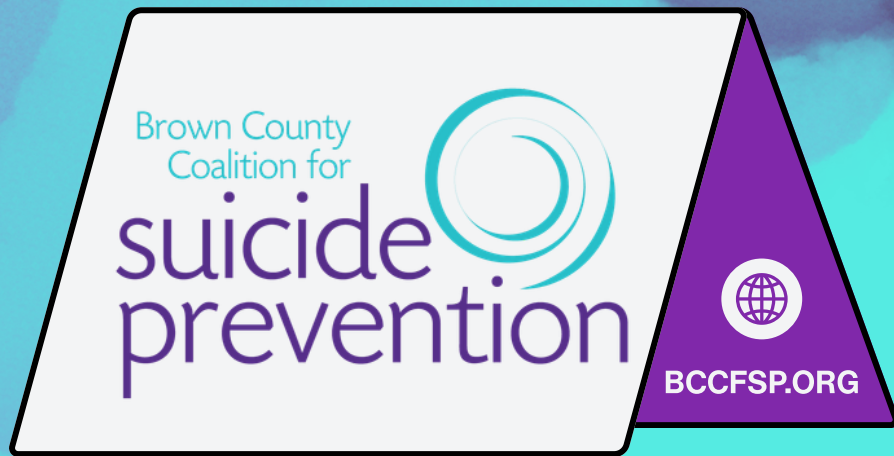
Instructors: John Bushmaker,
Erin Bongers

 100 WILLIAM ST, DE PERE, WI



Registration closes 1 week prior to class date

WHAT IS QPR?



Just as people trained in CPR 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.

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

Gatekeepers (people trained in QPR and in a position to recognize a crisis) can be anyone but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.