



September Suicide Prevention AWARENESS MONTH



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NATIONAL SUICIDE PREVENTION WEEK
September 10-16, 2023

Virtual Event

In-Person Event

03

04

05

06

07

Trivia Game
Wellness Center
5 pm-6 pm

01

02

08

Movie Night
Wellness Center
Inside Out | 6 pm
Know the Signs
11 am-12 pm

09

10

WORLD SUICIDE
Prevention Day

11

Strengthening Support Circles
4:30 pm-5:30 pm

12

Know the Signs Presentation
La Verne Library
4 pm-5 pm

13

14

LA Suicide Prevention Network (LASPN) Summit
The California Endowment

15

LASPN Summit
Lotería Break
Café con Libros
4 pm-6 pm

16

17

18

Hope is Out There Workshop
La Verne Community Center
4 pm-5:30 pm

19

Paint & Sip
Almond Haus
5:30 pm - 7 pm

20

21

Know the Signs Presentation
Pomona Public Library
5:30 pm-6:30 pm

22

23

24

25

26

Know the Signs Presentation
Claremont Helen Renwick Library
5 pm-6 pm

27

Hope & Resilience Collage Workshop
4:30 pm-5:30 pm

28

Bee a Pollinator Hero
Tea Leaf & Creamery
4 pm-5:30 pm

29

Directing Change Youth Film Screening
Wellness Center
6 pm-7 pm

30

Share Hope Together for Suicide Prevention



#TriCitySharesHope

Need Support Now?

If you or someone you know is struggling or is in crisis, help is available.

Call or text **988** or chat **988lifeline.org**.

Scan QR Code to RSVP or to learn more about each event!

