



**HEGIRA HEALTH, INC.**  
*Wellness First*

# QPR TRAINING

Question. Persuade. Refer.

Virtual training for WWCS Parents, Guardians & Caregivers. This training is FREE of cost!

**ADMISSION NOW OPEN May 10th, 2022**

Trainings are Virtual via Zoom From 6pm - 7:30pm

**LEARN THREE SIMPLE STEPS  
TO HELP PREVENT SUICIDE.**

As a QPR Trained Gatekeeper, you'll:

- Recognize warning signs of suicide
- Understand how to offer hope
- Learn how to help save a life

Contact Kelly Mays at  
[Kmays@hegirahealth.org](mailto:Kmays@hegirahealth.org)  
for more information!

**QPR**<sup>TM</sup>

**HEGIRAHEALTH.COM**



**Zero**  
Suicide

**TRAUMA  
INFORMED**



**Wayne-Westland**  
COMMUNITY SCHOOLS