



Suicide Prevention

Together, we can make a difference!

Tuesday, Nov. 6, 9:15 - 11:15 a.m.

Suicide: It's the word every parent dreads hearing, yet an increasing body of evidence points to hope—hope that with a better understanding of the warning signs and how to respond, we as a community can protect our kids. Colorado has the 9th highest suicide rate in the U.S. with more than 1,000 suicide deaths per year. Isn't it time we all learned more about suicide and what we as parents, educators and friends can do to help?

Join PIN to hear Alex Yannacone teach about this all-important topic. Suicide is preventable and depression is treatable. Alex will provide us with evidence-based prevention training that covers:

- **Warning signs to watch for in your child and in their friends**
- **The role depression plays**
- **3 steps that can potentially help save a life**

Parents, school administrators and community members are welcome and encouraged to attend PIN's presentations. No need to RSVP; just come! Presentations are FREE and held at our new location (enter through the main entrance on Fremont):



NEW LOCATION: 14603 E. Fremont Avenue, Centennial, CO 80112
(just south of Arapahoe Rd., off Jordan Rd.)

Mark Your Calendars:

Nov 13th
p.m. only

Stress and Anxiety Management

Dec. 4th
a.m. only

Parenting the Plugged-in Child