

September 2022

Suicide Prevention Month Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Candlelight Vigil, Alex Thomas Plaza 7 - 9 pm
4	5	6	7	8	9 QPR Chris Partida 2 - 4 pm & Kevin Briggs Speaking Event 4 - 6 pm, BH Regional Training Center Hopland Health Fair for Recovery Month, HBPI Gym 4 pm - 6 pm	10 Recovery in the Park, Alex Thomas Plaza 10-2
11	12	13	14	15	16 Wellness Fair, Ukiah Conf. Center 10 am -4 pm	17 Candlelight Vigil, Fort Bragg City Hall 7-9 pm
18	19 DRC Memorial Project, Webinar 1 pm -2 pm	20	21 Consolidated Tribal Health Project Behavioral Health Open House, CTHP 4 pm – 7pm	22	23	24 Suicide Awareness Walk, Alex Thomas Plaza 9 am -2 pm
25	26	27	28	29	30	



Pathway to Healing Candlelight Vigil- A remembrance in the form of candlelight luminaria placed for those lost to suicide. Information and resources on suicide prevention and supports will be available. There is an opportunity to create your own personalized luminaria to honor someone in your life that has struggled with suicidal thought or died by suicide. Additional opportunities to create a visual representation of a loved one lost to suicide that will be incorporated into an awareness raising banner.

- September 3, 2022 from 7 pm to 9 pm in the Alex Thomas Plaza, 310 State Street, Ukiah.
- September 17, 2022 from 7 pm to 9 pm at Fort Bragg City Hall

Suicide Awareness Walk- Pinoleville Pomo Nation is sponsoring an awareness raising walk for suicide risk and prevention. Participants will walk to raise awareness of Suicide Prevention. Resource tables and prevention materials will be available for education and awareness raising.

- September 24, 2022 from 9 am to 2 pm in the Alex Thomas Plaza, 310 State Street, Ukiah.

Question, Persuade, Refer (QPR) Training with Chris Partida- QPR is a Suicide Prevention Training that is accessible for everyone. This brief and simple suicide prevention tool will walk you through the steps to feel comfortable asking the right questions about suicide risk, support and encourage the individual to seek help, and to successfully refer them to appropriate resources.

- September 9, 2022 at the Behavioral Health Regional Training Center from 2 pm to 4 pm, 8207 East Road, Redwood Valley

Recovery In the Park- Ukiah Recovery Center hosts Recovery In the Park; an opportunity to recognize the millions of individuals that have achieved recovery from substance abuse and addiction disorders. The event is an opportunity to increase awareness and for family fun and education through informational booths, games, activities, and opportunities for food and prizes.

- September 9, 2022 from 10 am to 2 pm in the Alex Thomas Plaza, 310 State Street, Ukiah.

Suicide Prevention Presentation with Kevin Briggs- Kevin Briggs is a California Highway patrol officer that has dissuaded more than 200 people from jumping off the Golden Gate Bridge. He builds on his experiences as a speaker and mental health advocate to raise awareness and expand Suicide Prevention awareness and activities.

- September 9, 2022 at the Behavioral Health Regional Training Center from 4 pm to 6 pm, 8207 East Road, Redwood Valley

Disability Rights California Webinar Viewing- Disability Rights California hosts an Annual Remembrance Day Ceremony via webinar to honor those that died in State Hospitals and whose remains were unclaimed. The memorial for the Mendocino State Hospital at Talmage honors approximately 1600 individuals. <https://www.disabilityrightsca.org/post/webinar-california-memorial-project-20th-anniversary-remembrance-ceremony>

- September 19, 2022 1 pm – 2pm DRC Webinar

Health & Wellness Fair- Pinoleville Pomo Nation is hosting a day of Health and Wellness. This is an opportunity to hear guest speakers, and see agency booths, and participate in fun activities. Raffles, refreshments and sack lunches available.

- September 16, 2022 10 am – 4 pm Ukiah Conference Center, 200 S. School Street, Ukiah N. State Street Redwood Valley

Consolidated Tribal Health Project- Behavioral Health Open House- This is an opportunity to tour the behavioral health services at Consolidated Tribal Health Project. There will be Traditional dancing, and dinner available.

- September 21, 2022 10 am – 4 pm Consolidated Tribal Health Project 6991 N. State Street Redwood Valley