

Formación de un Guardian de QPR

MONDAY, APRIL 13, 2026 6-7PM CST

¿QUÉ ES QPR?

QPR significa Preguntar, persuadir y referir: tres pasos simples que cualquiera puede aprender para ayudar a salvar una vida del suicidio. QPR salva vidas al proporcionar capacitación innovadora, práctica y comprobada para la prevención del suicidio. QPR capacita a la gente común para reconocer las señales de advertencia de una crisis suicida y luego cuestionar, persuadir y referir a alguien para pedir ayuda.

Creemos que la educación de calidad empodera a todas las personas, independientemente de sus antecedentes, para marcar una diferencia positiva en la vida de alguien que conocen.

La capacitación se facilitará en español.

Training sponsored by Region II Human Services and & Central Community College, Lexington Center

REGISTRATION:

Please fill out the registration information below and send to Relena at relenalyddon@cccneb.edu or call **1-308-324-8480** to register. AVOR 9000 CLE37

Please register by Friday, April 10, 2026. **NO HAY COSTO PARA ASISTIR A LA CAPACITACIÓN**

Last Name: _____ First Name: _____

Address: _____ City _____ State _____
Zip _____

Birthdate ___/___/___ Phone number _____

Email Address _____

Date: Monday, April 13, 2026

Location: Central Community College, 1501 Plum Creek Parkway, Lexington, NE 68850

Room- #217

Time: 6pm-7pm CST

Quién: Adultos mayores de 19 años

QPR Gatekeeper Training

MONDAY, APRIL 13, 2026 6-7PM CST

WHAT IS QPR?

QPR stands for Question, Persuade, and Refer —three simple steps anyone can learn to help save a life from suicide. QPR saves lives by providing innovative, practical, and proven suicide prevention training. QPR trains ordinary people to recognize the warning signs of a suicide crisis and then to question, persuade, and refer someone for help.

We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

The training will be facilitated in Spanish.

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Last Name: _____ First Name: _____

Address: _____ City _____ State _____
Zip _____

Birthdate ___/___/___ Phone number _____

Email Address _____

Occupation and employer name, if applicable _____

Date: Monday, April 13, 2026

Location: Central Community College, 1501 Plum Creek Parkway, Lexington, NE 68850

Room: #217

Time: 6pm-7pm CST

Who: Adults age 19 and older

NO COST TO ATTEND THE TRAINING.