

VIRTUAL & IN-PERSON

Free Mental Wellness Workshops:

Educating, Engaging,
Resourceful

Supporting individuals of all ages.

QPR (Question, Persuade, Refer): Suicide Prevention Gatekeeper Training

A nationally recognized program that equips attendees with the tools to recognize suicide warning signs and intervene effectively - especially with youth populations.

Facilitated By:

Mental Health Association in
New Jersey (MHANJ)



Have Questions?

Denise Kilby

kilbyd@norwescap.org

(908) 454-7000 x4952



June 2

First Monday of Each Month

5:30 PM - 6:30 PM

Virtual & In-Person

350 Marshall St. | Phillipsburg



► **SCAN TO REGISTER**

or visit norwescap.org

Servicing Hunterdon, Morris, Somerset,
Sussex & Warren Counties



NORWESCAP

Creating Opportunities. Changing Lives.