

# UPCOMING PROGRAMS

## Question. Persuade. Refer. (QPR) Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. In three steps anyone can learn to help prevent suicide. This virtual training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.



**April 26, 2023**

**6:30 pm - 8:30 pm**

**Click Here To Register**

(Registration ends on April 23rd)

YOU WILL RECEIVE A ZOOM LINK VIA EMAIL



### KEY COMPONENTS COVERED IN THE TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis



## Don't Forget!

COVID-19 Vaccine Clinics  
Tuesdays 3-5pm at St. James

COVID-19 Testing Clinics  
Thursdays 9am-4pm at  
Bernards Twp Community Center

Check [here](#) for  
March dates



## Save the Date

"Building a Healthy Kitchen"  
Thurs, Apr 27th  
6 - 7:30 pm  
Check back for  
registration details and  
flyer next month!

## 33<sup>rd</sup> Annual Twilight Challenge 5K

Help Prevent Substance Misuse in Bernards Township | Sunday, June 4, 2023



**Location:** Pleasant Valley Park, located at 3405 Valley Road, Basking Ridge, NJ. Race begins in Parking Lot 2

**General Information:** Download registration form at [www.bernardsalliance.org](http://www.bernardsalliance.org) or register online at <https://runsignup.com/Race/NJ/BaskingRidge/TwilightChallenge>  
Packet pick up and Same Day Registration 4:00 pm - 5:30 pm on Race Day. Park in Parking Lots 1 or 3 on Race Day. **T-shirts and bags guaranteed to pre-registered runners!**

**5K RACE**  
**Starts at 6:00 pm**  
**Early Bird Registration \$20 until 3/31/23.**  
**Pre-Registration \$25** (registered online or received by 6/2).  
**\$30 on Race Day. Cash or check only on Race Day.**  
Two cross country loops around the park. Combination of woodchip, grass and road. Aid stations at midpoint and finish. Chip timing, halfway split finish line clock, race results and optional text message results provided by **Blue Ridge Timing**.

**1 Mile Health Walk**  
**Starts at 5:30 pm**  
Registration is **\$15**. Walkers can pre-register or register on Race Day. The course is a scenic mile through picturesque Pleasant Valley Park. Take an invigorating walk and be back in time to cheer on the 5K runners. T-shirts guaranteed to pre-registered walkers!

**Lollipop Loop**  
**Starts at 6:30 pm**  
**Sponsored by Athletifreak. FREE!** For kids of all ages - a fun loop over a grassy field. Everyone's a winner!

**Awards**  
**Starts at 7:00 pm**  
**Sponsored by Athletifreak.** Prizes will be awarded to Top Overall Male and Female and top three runners in each age group: 14 and under, 15-19 and then in 10 year increments up to 8- and over. No duplicate awards.

For more information including  
how to make a donation or sponsorship,  
visit: [www.bernardsalliance.org](http://www.bernardsalliance.org)

**Municipal Alliance**

**ATHLETIFREAK**

Live music by:

**Mama's Rock**

Timing by:

**BLUE RIDGE TIMING**

Scan to  
Register:



Happy  
St. Patrick's  
Day