

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 training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.



April 3, 2024
10:00 am - 12:00 pm
at the Bernards Library
(32 S Maple Ave, Basking Ridge, NJ)

[Click Here To Register](#)
(Registration ends on March 27th)

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



Governor's Council on
ALCOHOLISM & DRUG ABUSE



SCREENAGERS UNDER THE INFLUENCE

ADDRESSING
VAPING
DRUGS &
ALCOHOL
IN THE DIGITAL AGE



Documentary Screening and Q&A

Date Wed, April 10th, 2024
Time Doors open 6pm, Movie at 6:30 pm
Location Ridge High School Performing Arts Center
268 S Finley Ave, Basking Ridge, NJ 07920

Scan or click here to
get your free ticket



Questions? Visit www.bernardshealth.org or call (908) 204-2523

Hosted by: Members of the Somerset County Municipal Alliances, the Bernards Township Health Department, Community in Crisis and the Governors Council on Substance Use Disorder




CANCER THRIVING & SURVIVING

A Workshop to Support Adults & Caregivers Impacted by Cancer

[JOIN US](#)

About this Workshop

Developed by Stanford University, this self-management program is proven to help cancer patients, survivors and caregivers learn to better manage the challenges of thriving.

6-WEEKS ON TUESDAYS
5:30 - 8:00 PM

DATES: March 19, 26 and
April 2, 9, 16, 23, 2024

Location

RWJUH Somerset
Steeplechase Cancer Center
30 Rehill Avenue
Somerville, NJ 08876

To Register:

Contact Patti Halicki at: (908) 685-2585
or Patricia.Halicki@RWJBH.org

-- A light dinner will be provided --



The Regional Morris & Somerset County
CHRONIC DISEASE & CANCER COALITION
Early Detection Best Protection
www.co.somerset.nj.us • 908-231-7155



RWJ Barnabas HEALTH
Robert Wood Johnson
University Hospital
Somerset
Steeplechase Cancer Center

RUTGERS
Cancer Institute
of New Jersey
SOMERSET HEALTH