



Gila River  
HEALTH CARE

Behavioral Health Services

# SEPTEMBER



**For more information, please contact:**  
bhsprevention@grhc.org  
520-610-2394

**COVID Anxiety and Stress Helpline: (602) 528-7122**

			Wed	Thu	Fri	Sat
			1 <a href="#">Suicide Prevention Awareness Month Virtual 5K</a> 9/1 - 9/4	2 <a href="#">Family, Friends, and Neighbors Weekly Class</a> 1pm -3pm	3	4
5	6 • Labor Day	7 <a href="#">Parents &amp; Caregivers of Teens Class</a> (9/7, 9/8, 9/9) 9am - 11am	8 <a href="#">Online learning: Meth</a> 12pm - 1pm	9 <a href="#">Online Learning: Digital Wellness</a> 11am-12:30pm	10 <a href="#">Mental Health Family Feud for Youth</a> 5pm - 6pm	11
		<a href="#">Drug Prevention Jeopardy Family Night</a> 6pm - 7pm	<a href="#">Bop It! Substance Use Prevention Family Game Night</a> 6pm- 8pm	<a href="#">Family, Friends, and Neighbors Weekly Class</a> 1pm -3pm	<a href="#">QPR Suicide Prevention Training</a> 1pm - 2:30pm	
12 <a href="#">Yes to Life! Spirit Week</a> 9/13 - 9/16 <a href="#">Teens: Opioid &amp; Stimulant Awareness Scavenger Hunt</a> All Week Long	13 <a href="#">Online Learning: Mental Health Awareness</a> 12pm -1:30pm	14 <a href="#">Mental Health Family Feud for Elders</a> 10 am -11:30 am	15 <a href="#">Online Learning: Meth</a> 12pm - 1pm	16 <a href="#">Teen QPR Suicide Prevention Training</a> 5pm - 6pm	17	18
		<a href="#">Online Learning: Tobacco/Vaping</a> 12pm - 1pm <a href="#">Teens: Prevention Land, A World of Sweet Resources</a> 5pm - 6pm		<a href="#">Family, Friends, and Neighbors Weekly Class</a> 1pm -3pm <a href="#">Online Learning: Heroin and other Opioids</a> 11am - 12pm <a href="#">Prevention Coalition Meeting</a> 10am		
19	20 <a href="#">Elder Coffee Talk: Culture as Prevention</a> 9 am - 11am	21 <a href="#">Active Parenting General Class</a> (9/21, 9/22, 9/23)	22 <a href="#">Online Learning: Opioid Overdose Prevention &amp; Response</a> 12 pm - 1 pm	23 <a href="#">Teens: The Ugly Truth of Tobacco &amp; Vaping</a> 5pm - 6pm	24 <a href="#">QPR Suicide Prevention Training</a> 1pm - 2:30pm	25 <a href="#">Opioid Education Virtual Basketball Challenge</a> 7pm - 8pm
		<a href="#">Online Learning: The Dangers of Fentanyl</a> 1 pm -2 pm <a href="#">Teens: Mental Health Strong!</a> 5pm - 6pm			<a href="#">Online Learning: Parenting as Prevention</a> 10am - 11am <a href="#">Teens: Culture &amp; Resilience</a> 5pm - 6pm	
26	27 <a href="#">Let Your Light Shine Talent Show</a> All Week Long	28 <a href="#">Online Learning: Alcohol</a> 12 pm - 1pm	29 <a href="#">Online Learning: Self Care</a> 12 pm - 1:15pm	30	1	2

Gila River Indian Community Crisis Line  
**1-800-259-3449**  
Call 24 hours a day for immediate help.

National Suicide Prevention Lifeline  
**1-800-273-8255**