



Spring Community Trainings



Join us and learn about Suicide Prevention and Mental Health!
These trainings are free and all adults are welcome!

Mental Health First Aid (8:30am-5pm)

March 11, 2026

District 6 Shegoi Building

April 21, 2026 (Helping Youth)

District 6 Shegoi Building

May 13, 2026

District 3 New Beginnings Building

Contact Lavern Goggins
(520) 610-3707 lgoggins@grhc.org



QPR Suicide Prevention (1 hour)

March 16, 2026 (6pm-7pm)

District 5 Service Center

April 22, 2026 (11am-12pm)

Online

May 7, 2026 (11am-12pm)

District 3 New Beginnings Building

Contact Emily Davie
(520) 610-5693 edavie@grhc.org



SafeTALK Suicide Prevention (9am-1pm)

March 4, 2026

District 7 Service Center

April 15, 2026

District 3 New Beginnings Building

May 12, 2026

District 3 New Beginnings Building

Contact Ariana Gonzales
(520) 610-5406 agonzales2@grhc.org



Applied Suicide Intervention Skills Training (8:30am-4:30pm, 2 Full Days)

May 20 & 21, 2026

Hu Hu Kam Memorial Hospital

Contact Anna Pacheco
(520) 610-4919 apacheco@grhc.org



Provided by Behavioral Health Services



CALL OR TEXT 988 FOR THE SUICIDE & CRISIS LIFELINE

Gila River Indian Community CRISIS HOTLINE: 1-800-259-3449