

Sankertown VFW Post 7377 April 5th, 2025 10am to 12:30pm



Meet and Greet 10:00am-11:00am

Join us at the Sankertown VFW for a meet and greet with Together with Veterans Cambria County. TWV's mission is to advocate, educate, and spread awareness of the tools in recognizing self-harming and suicidal behaviors, and to equip our communities with the resources available to promote interconnectedness within our rural regions.

Coffee and light refreshments provided.

QPR Training 11:00am-12:30pm

QPR stands for Question, Persuade, and Refer – the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

QPR can be learned in our Gatekeeper course in as little as one hour.

QPR is sponsored by:

