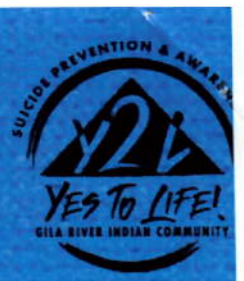




Gila River  
HEALTH CARE

# September



## In-Person Education

### 6:00PM - 7:00PM

### 3<sup>rd</sup>



**Stress &  
Self-Care**

**District 1  
Service Center**

### 8<sup>th</sup>



**Meth  
Awareness**

**District 5  
Service Center**

### 18<sup>th</sup>



**QPR  
Suicide Prevention**

**District 7  
Service Center**

- ✓ **Bring a friend!**
- ✓ **Attend a session to receive supplies!**
- ✓ **Receive a certificate of attendance!**

**Contact Ariana Gonzales**  
**agonzales2@grhc.org or 520-610-5406**

Provided By Behavioral Health Services

988 SUICIDE & CRISIS LIFELINE: CALL OR TEXT 988

GILA RIVER INDIAN COMMUNITY CRISIS HOTLINE: 1-800-259-3449