



FREE Virtual Parent/Caregiver Training!

QPR: Question. Persuade. Refer.

One Conversation Could Save a Life: *Know the Warning Signs. Know What to Say.*

Your child may not always say, "I Need Help." People who are struggling, especially young people, may show distress in different verbal and behavioral ways. Knowing what to notice - and how to respond - can make all the difference.

QPR (Question, Persuade, and Refer) training offers 3 simple steps anyone can learn to help save a life from suicide. This interactive virtual training will help caregivers learn how to recognize warning signs of emotional distress and suicide risk, start supportive conversations with children and teens, and respond effectively to concerns.

This training is appropriate for parents, guardians, caregivers, family members, coaches, teachers, mentors, and anyone supporting young people! Participants will receive a certificate and valuable resources following the training!

(There is limited space, sign up today!)**

Wednesday, June 17, 2026 ~ 6:00pm - 7:15pm via Zoom

[CLICK HERE TO REGISTER!](#)

For more information contact Michaela Gagne at michaela@unfr.org



The QPR Institute's Mission is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

