

**Upcoming**  
September 2023 events



# Suicide Prevention and Recovery Month

Each year, the tri-county area (Broadwater, Jefferson, and Lewis and Clark) honors September as Suicide Prevention and Recovery Month with training, conferences, the NAMI Walk, webinars, and support groups. The goal is to help everyone learn that suicide is preventable, there is hope, and recovery is possible.

Find more events at [lcsuicideprevention.org](https://lcsuicideprevention.org)

**Struggling? Please call 9-8-8 to reach a crisis counselor**



## ***The 30-Day Mental Health Challenge***

The Montana National Guard Prevention Team is challenging the community to a month of self-care. Do one self-care activity a day for 30 days. Examples include: Have a phone-free night, 10 minutes of meditation before bed, or catch a movie alone. Contact [rosiepetrino@gmail.com](mailto:rosiepetrino@gmail.com) for info.

**Sept.**

**1**

### ***Suicide survivor support group***

This is a safe space for anyone who has been affected by the loss of a loved one to suicide to share stories and find support. Hosted by Charlie Health via zoom, 12 - 1 p.m., free. Register at <https://bit.ly/charliehealthsupport>

**Sept.**

**1-2**

### ***Navy '83 Ride Across America***

You can be part of the class of 1983 Naval Academy's journey across the U.S. to end suicide among service members, Veterans, and their families by joining them for 22 push-ups. The first will be held on 9/1 at 9 a.m. at the Three Bears Motel in Lincoln and then at 8 a.m. on 9/2 at the Mustang Motel in Townsend. Learn more at [Navy-Cycling.com](https://Navy-Cycling.com)

**Sept.**

**7**

### ***Townsend Suicide Prevention: QPR***

Learn about the warning signs of a suicidal crisis and how you can help someone you know during this free training at the Flynn Building from 6 - 8 p.m. Register at <https://bit.ly/TownsendSept7>

**Sept.**

**7**

### ***Boulder Library Suicide Prevention: QPR***

Learn about the warning signs of a suicidal crisis and how you can help someone you know during this free training. Held at the Boulder Library, 6 - 8 p.m., free. Register at <https://bit.ly/BoulderQPRSept7>

**Sept.**

**7**

### ***Finding Hope After Suicide Loss***

Join Tamarack Grief Resource Center for a virtual roundtable at 5:30 p.m. on ways to honor grief and explore tools to support yourself and others. Register at [tamarackgrc.org/calendar](https://tamarackgrc.org/calendar)



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## ***Celebrating 8 Dimensions of Wellness***

Montana Peer Network is hosting its annual recovery conference starting at 9 a.m. at the Best Western Great Northern. Free for MPN members, \$100 for non-members. [mtpeernetwork.org/conference/](https://mtpeernetwork.org/conference/)

Sept.

12

## ***County Commission Proclamation***

In honor of Suicide Prevention Month, the Lewis and Clark County Commission will read a proclamation during the Commission's regular meeting at 9 a.m. in room 330 at the City-County Building.

Sept.

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## ***Clancy Suicide Prevention training: QPR***

Learn about the warning signs of a suicidal crisis and how you can help someone you know during this free training in your community. Held at the Clancy Library, 5:30 - 7:30 p.m. Register at <https://bit.ly/QPRCLANCY>

Sept.

14

## ***Hometown Helena Presentation: LOSS Team***

The Local Outreach to Suicide Survivors Team of Lewis and Clark County Area will present its work at Hometown Helena, held at 7 a.m. at the Montana Club.

Sept.

14

## ***Whitehall Suicide Prevention training: QPR***

Learn about the warning signs of a suicidal crisis and how you can help someone you know during this free training in your community. Held at the Whitehall Library, 11 a.m. - 1 p.m. Register at <https://bit.ly/whitehallQPRSept14>

Sept.

14

## ***Run 4 Seventy-Five run/walk***

Run 4 Seventy-Five is a 4.75 km (2.9 mi) run/walk in honor of suicide prevention and a student-athlete lost to suicide. The race begins at 6 p.m. at Jefferson High School and is \$20 to participate. Funds raised support Montana suicide prevention programs. Register at <https://bit.ly/RUN475>

Sept.

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## ***Suicide loss survivor support group***

This is a safe space for anyone who has been affected by the loss of a loved one to suicide to share stories and find support. Hosted by Charlie Health via zoom, 12 - 1 p.m. Register at <https://bit.ly/charliehealthsupport>

Sept.

19

## ***Volunteer 101 - AFSP MT***

This virtual meeting at 7 p.m. will give potential volunteers the opportunity to get to know the American Foundation for Suicide Prevention - Montana Chapter. Register at <https://2022rmvolunteer101.attendase.com/>

# Upcoming

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### ***Catching Your Breath - Grief support***

Join Tamarack Grief Resource Center for a virtual roundtable at 5:30 p.m. to engage in mindfulness to reduce tension and regulate your body. Register at [tamarackgrc.org/calendar](https://tamarackgrc.org/calendar)

Sept.  
**21-24**

### ***"Shiner" Helena Avenue Theatre Production***

Join Raven's Feather Productions for its newest production, "Shiner," which focuses on the relationship between two struggling teens and the death of Nirvana frontman Kurt Cobain. The show will include talk-backs from suicide prevention experts and resources. Shows start at 7:30 p.m. on Sept. 21 - 23 and Sept. 28 - 30. More dates, times and tickets can be found at [ravensfeather.org](https://ravensfeather.org)

Sept.  
**24**

### ***NAMI Walks Your Way MONTANA***

Join NAMI Montana for its annual walk to support mental health in our state. 11 a.m. registration, Memorial Park, 1203 N. Last Chance Gulch in Helena. Learn more at [namimt.org](https://namimt.org)

Sept.  
**26**

### ***PACES Facilitator Training***

Learn how to teach others about prevention and healing the effects of toxic stress by participating in a PACES Train the Trainer from 1 - 5 p.m. at the Sarah McCabe Community Room, Lewis and Clark Library. Email [elevatemontanahelenaaffiliate@gmail.com](mailto:elevatemontanahelenaaffiliate@gmail.com)

Sept.  
**26**

### ***ACEs and Resilience Webinar***

Join St. Peter's Health's We Speak Mental Health Week for this webinar from 3 - 4:30 p.m. ACEs training raises awareness about how toxic stress and Adverse Childhood Experiences can impact people throughout their lifespan. A loving, caring relationship can offset the damage. <https://events.sphealth.org/events/6333>

Sept.  
**26**

### ***Suicide Loss Survivor Support Group***

Breathe, Let's Start a Conversation's bereavement support group meets on the 4th Tuesday of every month at 6:30 p.m. at St. Peter's Hospital. [www.facebook.com/breathemontana](https://www.facebook.com/breathemontana)

Sept.  
**27**

### ***QPR suicide prevention training***

Part of St. Peter's Health's We Speak Mental Health Week: Learn the warning signs of a suicidal crisis and how you can help during this free training from 9 - 10:30 a.m. in SPH's Conference Room 1. <https://events.sphealth.org/events/6332>

Sept.  
**29**

### ***QPR suicide prevention training***

For We Speak Mental Health Week, learn the warning signs of a suicidal crisis and how you can help during this free training from 11 a.m. - 12:30 p.m. in SPH's Prickly Pear room. Register at <https://events.sphealth.org/events/6331>