



FIRST OF THE MONTH WELLNESS

September is Suicide
Awareness and Prevention
Month!

Cabrillo College

Come check
out the events
this month!

Motivational Monday

September 10th

Suicide Awareness and
Prevention Candlelight
Vigil

2pm-3pm Room 913

Talk About It Tuesday

September 11th

QPR: Question, Persuade,
Reference Suicide
Prevention Training

11am-12pm Room 913

Wellness Wednesday

September 12th

Screenings in the Quad
10am-1pm

Throwback Thursday

September 13th

What We Thought We
Knew and What We Are
Learning

11am-12pm Room 913

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