

**Conshy United Presents**  
**Mental Health and Wellness Programs and Events Spring 2024**  
*All Events Take Place in Jillian's Café inside Conshy United*

Conshohocken United Methodist Church  
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**Caregivers Dinner and Conversation- Th. 4/4, 6:30-8:30PM.** Amber Connell, MA, Licensed Professional Counselor, Owner, Therapist, and Clinical Supervisor ALC Counseling and Therapy will facilitate this event. Conversation will cover a wide range of topics including coping strategies, self-care, resource sharing and open Q&A. All caregivers: folks caring for an elderly family member, parents of those with mental health conditions or disabilities, are invited to participate.  
RSVP Free: <https://bit.ly/3Trn6Bt>



**Hope4Tomorrow - Sun, 5/5, 5-7PM.** Access Services; Montgomery County Crisis Community Liaisons and Trainers Ty Williams, MA, and Lindsay Meehan Mayo, CPS, will lead this innovative program which is open to 7th-12th graders. Participants engage in interactive ways designed to help them focus on the importance of their own health and wellness and develop strategies to help themselves and one another. Dinner provided. RSVP Free: <https://bit.ly/48R1bYW>



*QPR (Question, Persuade, Refer)  
3 simple steps to help save a life from suicide.*

**QPR TRAINING - ASK A QUESTION,  
SAVE A LIFE**  
MONDAY MAY 6TH 6-8:30PM  
[HTTPS://BIT.LY/43BEK9O](https://bit.ly/43BEK9O)



**QPR Training- Mon, May 5th**, dinner 6pm, Program 6:30-8:30pm. Lindsay Meehan Mayo, CPS, Access Services; Montgomery County Crisis Community Liaison and Trainer will lead the training which is open to adults 18+. RSVP FREE: <https://bit.ly/43bEk9o> Childcare is available.

QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. This training prepares attendees to:

- Recognize the warning signs of suicide
- Ask someone about suicidal thoughts
- Offer and connect to help

Training is appropriate for: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and anyone who is positioned to recognize and refer someone at risk of suicide.