



Calendar of Events

August 2021

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1	2	Rural Providers Meeting (online) National Night Out	4	NAMI Connections (online) Engage Your Brain	6	7
8	Zero Suicides Elko County	10	11	NAMI Connections (online)	13	14
15	Survivors of Suicide Loss	NAMI Online Family Support Group	18	NAMI Connections (online) PACERS Youth Coalition	20	21
22	23	24	25	NAMI Connections (online)	27	28
29	30	31				



Calendar of Events

September 2021

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			1	NAMI Connections (Online) Engage Your Brain Mental Health First Aid - Owyhee	Mental Health First Aid - Owyhee 3	4
	LABOR DAY	Rural Providers Meeting (Online)	8	NAMI Connections (Online)	10	PATRIOT DAY
5	6	7	15	NAMI Connections (Online) PACERS Youth Coalition	17	18
12	Zero Suicides Elko County	14	22	NAMI Connections (Online)	24	25
19	Survivors of Suicide Loss	NAMI Online Family Support Group	29	NAMI Connections (Online)		
26	27	28	30			



Calendar of Events

October 2021

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							FRC Puppy Love 5K
						1	2
3	4	Rural Providers Meeting 5	6	NAMI Online Peer Support Group 7	8	9	
10	COLUMBUS DAY Zero Suicides Elko County 11	12	13	NAMI Online Peer Support Group 14	15	16	
17	Survivors of Suicide Loss 18	NAMI Online Family Support Group 19	20	NAMI Online Peer Support Group PACERS Youth Coalition 21	22	23	
24	25	26	27	NAMI Online Peer Support Group 28	Nevada Day 29	HALLOWEEN 30	
31							



Calendar of Events

November 2021

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Rural Providers Meeting

NAMI Online Peer Support Group

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DAYLIGHT SAVINGS TIME ENDS

Zero Suicides Elko County

NAMI Online Peer Support Group

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VETERANS' DAY

Survivors of Suicide Loss

NAMI Online Family Support Group

NAMI Online Peer Support Group

PACERS Youth Coalition

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NAMI Online Peer Support Group

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HANUKKAH BEGINS

THANKSGIVING DAY

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National Alliance on Mental Illness (NAMI)

Online Family Support Group - Third Tuesday of the month.
Starts at 5:30 p.m.

Online Peer Support Group - every Thursday.
Starts at 5:30 p.m.

Email laura.namiwnv@gmail.com for information.

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Zero Suicides Elko County

Suicide Prevention Group

Meetings the second Monday of each month,
9:30 - 11:00 a.m. at Northeastern Nevada Regional Hospital
(go through the cafeteria)
Attend in person or by Zoom

Call Lynette Vega, (775) 397-1911, for information.

Survivors of Suicide Loss of Northeastern Nevada

Support group for those who've lost a loved one to suicide

Meetings the third Monday of each month,
6 - 7 p.m.

Call Lynette Vega, (775) 397-1911, for details and location..

You're invited to PACE Coalition's monthly

RURAL PROVIDERS ZOOM MEETING

The first Tuesday of each month at 8 a.m.

To request a link to join the meeting, send an email to michael@pacecoalition.org.

JOIN OUR YOUTH COALITION!

PACERS

**PARTNERS ALLIED FOR COMMUNITY EXCELLENCE
RESPONSIBLE STUDENTS**

**HELP CREATE A DRUG FREE
YOUTH-LED LEADERSHIP
ORGANIZATION COMMITTED TO
MAKING A DIFFERENCE IN OUR
COMMUNITIES BY GIVING VOICE TO
ISSUES IMPORTANT TO OUR YOUTH.**

BE A VOICE FOR YOUTH IN YOUR COMMUNITY

**Help grow young people's
presence in our counties by
advocating for change that
matters to you.**



YOUTH AGES 13-17

**Bring your
ideas and
expertise to
meetings...**

**A Coalition
built by youth,
for youth, and
about youth.**

Contact :

**Brittney Plaisted
Prevention/Youth
Coordinator**

775-777-3451

brittney@pacecoalition.org



FAMILY RESOURCE CENTER
753.7352

PUPPY LOVE 5K

**SATURDAY
OCTOBER 2**

ELKO CITY DOG PARK

REGISTRATION	7:30 AM
WALKERS START	8:45 AM
RUNNER START	9:00 AM

\$30 EARLY BIRD REGISTRATION
\$35 DAY OF EVENT

[RUNSIGNUP.COM/RACE/NV/ELKO/PUPPYLOVE5K](https://runsignup.com/Race/NV/Elko/PuppyLove5K)

FOOD & MERCH VENDORS ON SITE
TICKETS & RAFFLE FOR A TRIP TO LAGOON X4
(SIDE TICKET / 5 FOR '20)

FOR SAFETY REASONS, ALL DOGS MUST REMAIN ON A 6 FOOT LEAD LEASE, BE CURRENT ON VACCINATIONS AND BE FRIENDLY RACE PARTICIPANTS.



Engage Your Brain: A Four Part Series about Alzheimer's Disease

Elko County Extension Office
701 Walnut Street, Elko NV 89801
Also available online via Zoom
Cost: Free

Engage your brain during Alzheimer's & Brain Awareness Month and beyond. There are 49,000 Nevadans aged 65 and over living with a diagnosis of Alzheimer's Disease. This number is expected to grow to 64,000 by 2025.

To raise awareness about this disease, and all dementia, the University of Nevada, Reno Extension, in cooperation with the Northern Nevada Chapter of the Alzheimer's Association, is offering a four part webinar series to include how to decrease your risk of dementia, identify warning signs, understand dementia, and engage in difficult dementia related conversations. Join one session or join them all!

For more information & in-person registration, please contact Extension at (775) 738-1990

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.



Healthy Living for Your Brain and Body: Tips from the Latest Research

Thursday, June 3 | 1:00 p.m. – 2:00 p.m.
Register: <http://bit.ly/AlzHealthyLiving>

10 Warning Signs of Alzheimer's

Thursday, July 1 | 1:00 p.m. – 2:00 p.m.
Register: <http://bit.ly/Alz10WarningSigns>

Understanding Alzheimer's and Dementia

Thursday, August 5 | 1:00 p.m. - 2:00 p.m.
Register: <http://bit.ly/AlzUnderstanding>

Dementia Conversations (Doctor Visits, Legal and Financial Planning & Driving)

Thursday, September 2 | 1:00 p.m. - 2:00 p.m.
Register: <http://bit.ly/AlzConversations>





Welcome to the



2021 National Night Out!

Aug. 3rd • 5 – 8 p.m. • Elko City Park



*Join us for
Food, Fun & Friendship.*

♥ **Burgers & Hot Dogs**



♥ **Police technology**



♥ **Live demonstrations**



♥ **Musical entertainment**



♥ **Booths & Promos**





Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

A person you know could be experiencing
a mental health challenge or crisis.
You can help them.

You are more likely to encounter someone – friend, family member, student, neighbor, or member of the community – in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course, but it is ideally suited for teachers, leaders of faith communities, social workers, and other caring adults.

Sometimes, the best first aid is you.
Take the course, save a life,
strengthen your community.



Call (775) 777-3451 for information.

Mental Health First Aid
Thur.-Fri., Oct. 2-3. Classes 8:30 - 12:30
Human Development Center
Owyhee, Nevada

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