

# PREVENTION HAPPENINGS!

FEBRUARY 2024

## Register for *free* February Trainings:

### Opioid Awareness & Overdose Response Training

Tuesday, February 20th, 1:00 PM - 2:30 PM

### QPR Suicide Prevention Training

*Available upon request*

[Click here or scan  
QR code to register](#)



If you are interested in scheduling a private training,  
please reach out to [prevention@adaptoregon.org](mailto:prevention@adaptoregon.org)



## TIPS AND TOOLS

### RECENT EFFORTS TO KEEP YOUTH SAFE FROM FENTANYL



### WAYS TO 'BOOST SELF-ESTEEM' THIS FEBRUARY



### THE PSYCHOLOGY OF HEART HEALTH

