



Behavioral Health Services

JANUARY 2022

For more information, please contact: bhsprevention@grhc.org • (480) 868-7723
 COVID Anxiety and Stress Helpline: (602) 528-7122



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Click on any activity link to register.		Be Vape Free Virtual Field Trip (MONTH LONG)			1	2
3	4	5	6 Family, Friends, & Neighbors (9a - 11a)	7	8	9
10 Online Learning: Alcohol (1p - 2p)	11 Online Learning: Meth (12p - 1p) Active Parenting ages 0-5 (1/11, 1/12, 1/13)	12	13 Online Learning: Narcan (1p-2p) Family Night: Digital Wellness (6p-7p) Family, Friends, & Neighbors (9a - 11a)	14 Family Night: Stimulant Education (6:30p-7:30p) Online Learning: Meth (10a-11a)	15	16
17 QPR Suicide Prevention Training (1p-2p)	18	19	20 Family, Friends, & Neighbors (9a - 11a)	21 Gila River Prevention Coalition (10a-11a)	22	23
24 Online Learning: Marijuana (1p - 2p)	25 Active Parenting (1/25, 1/26, 1/27) Online Learning: Fentanyl (12p - 1p)	26	27 Family, Friends, & Neighbors (9a - 11a)	28 QPR Suicide Prevention Training (1p-2p) Online Learning: Heroin & Opioids (1p-2p)	29	30
New Year's Scavenger Hunt (WEEK LONG: 1/24-1/31)						
31						

National Suicide Prevention Lifeline: 1-800-273-8255

Gila River Indian Community CRISIS HOTLINE: 1-800-259-3449