

# Q.P.R. Training - Question. Persuade. Refer.

April 25, 2026

*The Poe Center, in conjunction with Holly Springs Parks and Recreation, is excited to present Q.P.R. Training.*

## Q.P.R. Training - Question. Persuade. Refer.

WHAT: Q.P.R. Training  
Ages 18+

WHERE: 301 Stinson Ave  
Holly Springs, NC 27540  
Program Room A

WHEN: April 25, 2026  
10:00 a.m. - 12:00 p.m.

### REGISTER:

<https://nchollyspringsweb.myvscloud.com/webtrac/web/teminfo.html?Module=AR&FMID=47327865>



QUESTIONS: [j.fowler@poehealth.org](mailto:j.fowler@poehealth.org)  
[www.poehealth.org](http://www.poehealth.org)



## Question. Persuade. Refer.

*Three steps anyone can learn  
to help prevent suicide.*



### Program Description

QPR stands for Question, Persuade, and Refer—the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Anyone including, parents, friends, neighbors, teachers, doctors, ministers, coworkers, and firefighters can learn to recognize someone at risk of suicide, know how to offer hope and how to get help and save a life!

*Be the lifeline.*

If you or someone you  
know needs support now,  
call or text 988 or chat  
988lifeline.org

