



- Becoming a Leader
- Learning new skills
- Retreat in Pagosa Springs
- Digital Storytelling
- Impacting your community
- Peer to Peer Support
- Learn about suicide prevention

Natural Helpers

are people who help their friends. They are "natural" helpers and leaders because friends come to them for help and they reach out to friends who may need help. Natural Helpers assist with a range of issues, from everyday problems such as difficulties with a boyfriend or girlfriend, to more serious issues such as drug use, depression or suicide.

NEWSLETTER



Natural Helpers Survey Monkey

Answer 10 questions to see if you have the qualities of a Natural Leader.

<https://www.surveymonkey.com/r/NH1718>

Natural Helpers STANDING MEETINGS:

Every Thursday

during Flex Time
(choose the time that works for you)

Meeting Location:
McDonald Hall - Room 220

Lite Healthy Snacks Provided



NAVAJO PREP

Anthony Smith, LMSW
McDonald Hall – Room 220
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Natural Helpers RETREAT

First Retreat
October 16th

2nd Retreat will be either
Pagosa Springs
or Durango



SIGN-UP Today