



Calendar of Events

March 2017

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GBC Continuing Ed.
Spring 2017 Classes

NAMI Connections

1

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4

Rural Providers
Meeting

NAMI Library Group

NAMI Connections

Ruby Radio 2017
Health & Fitness Fair

5

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DAYLIGHT SAVINGS

Northeastern
Nevada Radiation
Oncology Ctr. Nutrition
Classes

NAMI Connections
Summer Activities
Fair

ST. PATRICK'S DAY
Summer Activities
Fair

12

13

14

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Management Class 2

19

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NAMI Family-To-
Family Support

NAMI Library Group

NAMI Connections

Battling Back Pain

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NAMI Connections

Diabetes Personal
Management Class 4



Calendar of Events

April 2017

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GBC Continuing Ed.
Spring 2017 Classes

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Rural Providers Meeting

Speaking Out Monologues
Family Safety Awareness Night

NAMI Connections

Diabetes Personal Management Class 5

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NAMI Library Group

NAMI Connections

Diabetes Personal Management Class 6

EASTER

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NAMI Family-To-Family Support

Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.

NAMI Connections

EARTH DAY
Take Pride, Clean-up Green-up Day

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NAMI Library Group

NAMI Connections

Perfect Storm: Hidden Causes of Autism, ADHD and Chronic Illness in Children

30



Calendar of Events

May 2017

S	M	T	W	T	F	S
GBC Continuing Ed. Spring 2017 Classes	1	2	3	4	CINCO DE MAYO	6
7	8	9	10	11	12	13
MOTHER'S DAY	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Calendar of Events

July 2017

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						1
2	3	INDEPENDENCE DAY	Rural Providers Meeting	NAMI Connections	7	8
9	10	11	NAMI Library Group	NAMI Connections	14	15
16	17	NAMI Family-To-Family Support	Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.	NAMI Connections	21	22
23	24	25	NAMI Library Group	NAMI Connections	28	29
30	31					



Calendar of Events

August 2017

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Rural Providers Meeting

NAMI Connections

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NAMI Library Group

NAMI Connections

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NAMI Family-To-Family Support

Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.

NAMI Connections

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NAMI Library Group

NAMI Connections

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NAMI Connections



Calendar of Events

September 2017

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					1	2
	LABOR DAY	Rural Providers Meeting		NAMI Connections		
3	4	5	6	7	8	9
	PATRIOT DAY		NAMI Library Group	NAMI Connections		
10	11	12	13	14	15	16
		NAMI Family-To-Family Support	Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.	NAMI Connections		
17	18	19	20	21	22	23
			NAMI Library Group	NAMI Connections		
24	25	26	27	28	29	30



Calendar of Events

October 2017

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Rural Providers Meeting

NAMI Connections

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COLUMBUS DAY

NAMI Library Group

NAMI Connections

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NAMI Family-To-Family Support

Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.

NAMI Connections

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NAMI Library Group

NAMI Connections

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HALLOWEEN

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Calendar of Events

November 2017

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			1	NAMI Connections 2	3	4
DAYLIGHT SAVING 5	6	Rural Providers Meeting 7	NAMI Library Group 8	NAMI Connections 9	10	VETERANS' DAY 11
12	13	14	15	NAMI Connections 16	17	18
19	20	NAMI Family-To-Family Support 21	NAMI Library Group 22	THANKSGIVING DAY 23	24	25
26	27	28	29	NAMI Connections 30		



Calendar of Events

December 2017

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					1	2
3	4	Rural Providers Meeting	6	NAMI Connections	8	9
10	11	HANUKKAH BEGINS	NAMI Library Group	NAMI Connections	15	16
17	18	NAMI Family-To-Family Support	HANUKKAH ENDS	NAMI Connections	22	23
24	CHRISTMAS	KWANZAA BEGINS	NAMI Library Group	NAMI Connections	29	30
31	KWANZAA ENDS					



Calendar of Events

January 2018

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NEW YEAR'S
HOLIDAY

Rural Providers
Meeting

NAMI Connections

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NAMI Library Group

NAMI Connections

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MARTIN LUTHER
KING DAY

NAMI Family-To-
Family Support

NAMI Connections

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NAMI Library Group

NAMI Connections

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Calendar of Events

February 2018

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VALENTINE'S DAY

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PRESIDENT'S DAY

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LEARN FOR LIFE **www.campusce.net/gbcnv**
775.753.2202

Providing life-long learning opportunities to GBC communities!

January 2017

STARTING DATES



- Photography is Fun! (Ages 10-16)..... 1/7
- Commercial Driver's License (Class A) Training 1/9
- Online Driver's Education 1/10
- QuickBooks® Made Easy* 1/12
- Basic Life Support CPR for Health Care Providers. 1/14
- Fitness Center Membership 1/23
- Youth Karate. 1/23
- Paralegal Studies: Contract Law* 1/24
- Health and Healing A-Z, Chiropractically! 1/25
- Paralegal Studies: Evidence* 1/25
- Paralegal Studies: Legal Research & Writing II* 1/26

February 2017



- Cowboy Poetry Gathering
- Nevada Humanities Speaker, Andy Wilkinson 2/2
- Online Driver's Education 2/7
- Digital Photography: Advanced Composition Techniques .. 2/7
- Painting for Rest and Relaxation (R&R)..... 2/10
- Commercial Driver's License (Class A) Training 2/13
- Raising Healthy Children Naturally
from Conception to Adulthood..... 2/22

*Available in multiple GBC communities via interactive video. Please contact our office at 775-753-2202 or at continuing-ed@gbcnv.edu to find out if this class is available in your area.

 **Great Basin College**
Continuing Education Spring 2017

Great Basin College (GBC) does not discriminate on the basis of race, religion, color, age, sex, sexual orientation, military status, disability, national origin, gender identity or expression, or genetic information. For inquiries, 775.738.8493.

March 2017



- Behind the Wheel Driver's Education (Elko) TBA
- Visual Astronomy TBA
- Online Driver's Education 3/7
- National Weather Service "SkyWarn" Spotter Training* 3/8
- Basic Life Support CPR for Health Care Providers. 3/11
- Carnival Cruise | Travel to Eastern Caribbean 3/18
- Battling Back Pain 3/22
- Commercial Driver's License (Class A) Training 3/27
- Paralegal Studies:
Investigation, Discovery, and Trial Prep* 3/28
- Paralegal Studies: Family Law* 3/29

April 2017



- Art of Eggery: Wizard of Oz..... 4/1
- Basic Life Support CPR for Health Care Providers. 4/8
- Online Driver's Education 4/11
- Glass Beadmaking: Bottles to Beads to Bracelets 4/22
- Perfect Storm: Exploring the Hidden Causes
- Behind Illnesses in Kids 4/26

May 2017



- Commercial Driver's License (Class A) Training 5/1
- Basic Life Support CPR for Health Care Providers. 5/13

*Available in multiple GBC communities via interactive video. Please contact our office at 775-753-2202 or at continuing-ed@gbcnv.edu to find out if this class is available in your area.

Continuing Education

GBC Elko Campus, 1500 College Parkway, Elko, NV
8am - 5pm • Monday - Friday • 775/753-2231 or 775/753-2202

Visit our website for more class information and to register

www.campusce.net/gbcnv



Elko County Support

Elko's NAMI Support Groups



- NAMI Connections are **free** recovery support groups for adults living with mental health challenges living here in Elko County or other areas in Northeastern Nevada.
- NAMI offers a casual and relaxed approach for **sharing the challenges and successes** of mental health issues.
- All groups are **confidential** and participants can share as much or as little personal information as they see fit.

We have three totally free NAMI support groups in Elko, Nevada!

Peer-To-Peer Support

First Presbyterian Church

Date: Every Thursday

Time: 5:30 - 7:00 P.M.

Location: 1559 Sewell Ave in Elko

Room: Parlor Room

Call us at [\(775\)-385-7833](tel:(775)385-7833) or [\(775\)-397-3648](tel:(775)397-3648) for more information about the weekly group.

Peer-To-Peer Support

Elko County Library

Date: 2nd/4th Wednesday of The Month

Time: Noon - 1:30 P.M.

Location: 720 Court Street in Elko

Room: Bruce Memorial Room

Call us [\(775\)-388-8432](tel:(775)388-8432) or email us at nlsdpt@gmail.com for more information about the every other Wednesday group.

Family-To-Family Support

Elko County Library

Date: 3rd Tuesday of The Month

Time: 6:00 - 7:30 P.M.

Location: 720 Court Street in Elko

Room: Bruce Memorial Room

Call us at [\(775\)-389-0828](tel:(775)389-0828) or [\(907\)-209-4061](tel:(907)209-4061) for information about family to family monthly group.

stigmafree



know the facts • learn the signs • provide help



Support groups are **free** and open to **all adults** in need, regardless of diagnosis.

Everyone is a valued participant at NAMI!

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Nutrition Services

Q&A with the Dietitian

Join us the 3rd Wednesday of every month as we host two local registered dietitians to answer questions regarding nutrition needs. This is a FREE volunteer program, to provide those directly affected by cancer with the tools for a healthy diet.

What: Q&A with Registered Dietitians/Live Demo

When: 3rd Wednesday of Every Month

- January 18th
- February 15th
- March 15th
- April 19th
- May 17th
- June 21th
- July 19th
- August 16th
- September 20st
- October 18th

Where: Northeastern Nevada Radiation Oncology Center

Time: 4:00 p.m. to 5:00 p.m.

Please RSVP no later than the second Friday of the month with Shila Morgan at (775)748-HOPE.

We hope to see you there!



PACE Coalition Rural Providers Meeting

<Back

First Tuesday of each month.*

8 a.m. - 9 a.m.

Elko County Library
720 Court St., Elko, NV

Free

*Unless falling on a state or federal holiday.

(775) 777-3451

LEARN FOR LIFE

Providing life-long learning opportunities to
GBC communities!

www.campusce.net/gbcnv
775.753.2202



Great Basin College Continuing Education Spring 2017



Great Basin College (GBC) does not discriminate on the basis of race, religion, color, age, sex, sexual orientation, military status, disability, national origin, gender identity or expression, or genetic information.
For inquiries, 775.738.8493.

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■ **Perfect Storm** | Exploring the Hidden Causes Behind Autism, ADHD, and Chronic Illnesses in Kids

Let's dive into the hidden causes of chronic childhood illness including Autism, ADHD, Asthma, and Allergies. Lunch will be provided by Ignite Life Chiropractic for participants. There is no charge for this "Lunch and Learn" class. *Please enroll at www.campusce.net/gbcnv or call Continuing Education at 753-2231 so we know how many lunches to provide.*

DAY & TIME Wednesday, 11am–12pm
LOCATION GBC Elko Campus | McMullen Hall, Room 220
INSTRUCTOR Dr. Josh Byers
DATE 4/26/17
COST Free (Sponsored by Ignite Life Chiropractic)

■ **Raising Healthy Children Naturally** from Conception to Adulthood

Explore the benefits of chiropractic care before, during, and after pregnancy. Dr. Nicole Laska will present this "lunch and learn" session sponsored by Ignite Life Chiropractic. *Please enroll at www.campusce.net/gbcnv or call Continuing Education at 753-2231 so we know how many lunches to provide.*

DAY & TIME Wednesday, 11am–12pm
LOCATION GBC Elko Campus | McMullen Hall, Room 220
INSTRUCTOR Dr. Nicole Laska
DATE 2/22/17
COST Free (Sponsored by Ignite Life Chiropractic)

■ **Battling Back Pain**

Learn spinal health care to improve how you feel on a daily basis. In this course, we will discuss basic habits that can be incorporated into your day so you can enjoy life.

DAY & TIME Wednesday, 6–7pm
LOCATION GBC Elko Campus | McMullen Hall, Room 220
INSTRUCTOR Dr. Kyle Kurscheidt
DATE 3/22/17
COST Free

■ **Health and Healing A-Z, Chiropractically**

An in-depth look at what Chiropractors of Ignite Life Chiropractic analyze when creating health plans specific to the individual. Anyone interested in the how, what, where, and why of professional chiropractic care should attend.

DAY & TIME Wednesday, 6–7pm
LOCATION GBC Elko Campus | McMullen Hall, Room 220
INSTRUCTOR Dr. Josh Byers
DATE 1/25/17
COST Free



**Elko
County
Library**



2017

**Youth
Services**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Elko - Lander - Eureka County Library System</p>			<p>1 10:30 Story Time</p>	<p>2 10:30 Story Time</p>	<p>3</p>	<p>4 10:30 Toddler Time</p>
			<p>3:30 Spring Craft</p>	<p>3:30 Game Time</p>		
<p>5</p>	<p>6</p>	<p>7 10:30 Story Time</p>	<p>8 10:30 Story Time</p>	<p>9 10:30 Story Time</p>	<p>10</p>	<p>11</p>
				<p>3:30 Game Time</p>		
<p>12</p>	<p>13</p>	<p>14 10:30 Story Time</p>	<p>15 10:30 Story Time</p>	<p>16 10:30 Story Time</p>	<p>17</p>	<p>18</p>
			<p>3:30 Spring Craft</p>	<p>3:30 Game Time</p>		
<p>19</p>	<p>20 4:30 Maker Monday</p>	<p>21 10:30 Story Time</p>	<p>22 10:30 Story Time</p>	<p>23 10:30 Story Time</p>	<p>24</p>	<p>25 2nd Annual Foods From Around the World 1-3 p.m.</p>
				<p>3:30 Game Time</p>		
<p>26</p>	<p>27</p>	<p>28 10:30 Story Time</p>	<p>29 10:30 Story Time</p>	<p>30</p>	<p>31</p>	<div style="border: 1px solid green; padding: 5px; text-align: center;"> <p>See back for details!</p> </div>
		<p>3:30 Multicultural Craft</p> <p>4:30 Tween Movie</p>	<p>3:30 Multicultural Craft</p>	<p>3:30 Multicultural Craft</p>		



**Elko
County
Library**

March

**Youth
Services**



After-School Crafts: 1st and 3rd Wednesday of March @ 3:30 p.m. Youth (ages 5-11). Preregistration is required.

March 1 - Pinwheel or Butterfly

March 15 - Pinecone Bird

2nd Annual Foods from Around the World: Join us for a “tasting party” on Saturday, March 25 from 1-3 p.m. This program is FREE and is designed for families to experience the flavors of food from around the world.

Game Time Thursdays: Every Thursday in March (2, 9, 16 & 23) @ 3:30 p.m. - 5:00 p.m. Youth of all ages can play a variety of board games. A library card is required to “check out” the games. No Game Time on March 30 due to the Multicultural Craft that will be done instead.

Maker Monday: Monday, March 20 (third Monday of each month), 4:30 p.m. Designed for Tweens and teens (ages 10-18). Explore, discover, create and have fun using everyday materials. Supplies provided by the Library.

Multicultural Crafts: March 28, 29 and 30, 3:30 p.m. Youth (ages 5-11) can make Multicultural craft projects. There will be a different craft each day. Limited number available and no pre-registration is required.

Story Times: Every Tuesday, Wednesday, Thursday, 10:30 a.m. Designed for preschoolers (ages 3-5). We read books, sing and dance, and follow up with an art activity.

Toddler Time: Saturday, March 4 (first Saturday of each month), 10:30 a.m. Designed for babies and toddlers (ages 0-2). We sing songs, play, and read.

Tween Book and a Movie: Tuesday, March 28 (last Tuesday of each month), 4:30 p.m. - 6:30 p.m. Tweens (ages 10-13) will watch the film “*The Black Stallion*” and then enjoy a lively discussion of the film and the book by *Walter Farley*. Snacks will be served. Pick up a copy of the book at the Library.

Downloadables—EBooks, Audio books, Magazines, and More! Download EBooks and audio books—easy readers, juvenile fiction and nonfiction, young adult fiction and nonfiction—using the Overdrive app from the Library’s website. Read your favorite magazine on your electronic device using the Zinio app from the Library’s website. All you need is your library card.



All programs are FREE!

Library Hours:

Mon/Tue: 9 am — 8 pm
Wed/Thu: 9 am — 6 pm
Fri/Sat: 9 am — 5 pm

Location:

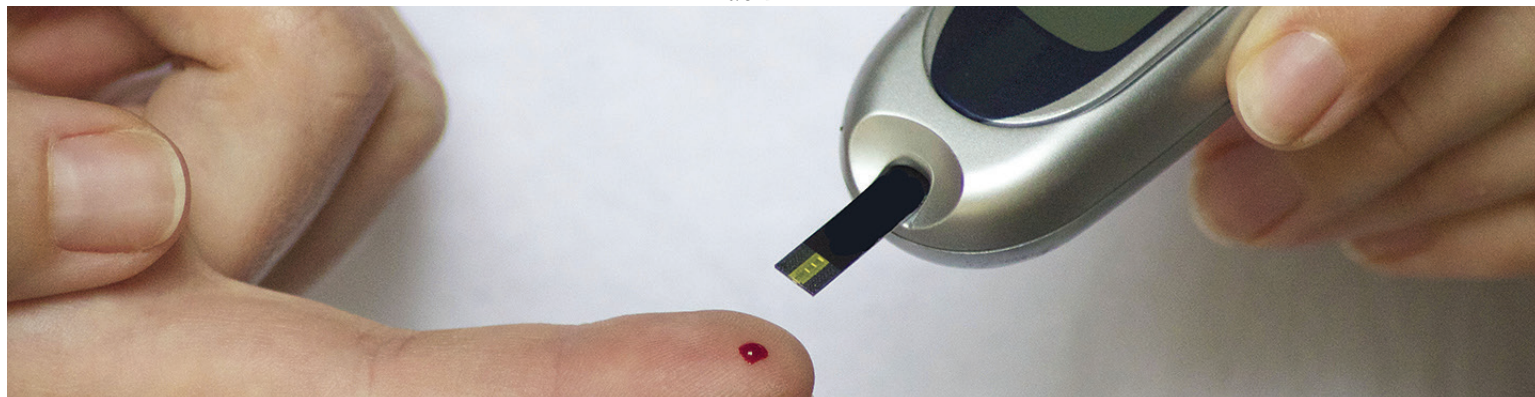
Elko County Library
720 Court Street
Elko, NV 89801

Youth Services Phone:

738-3066 x232

Web Address:

www.elkocountylibrary.org



FREE 6-week, Spanish Language Diabetes Workshop*

Every Wednesday from 9 – 11:30 a.m., March 8 – April 12, 2017

***A \$240 Value**

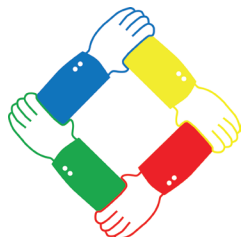
If you are pre-diabetic, diabetic, or live with someone with diabetes this class can lead to better living and improved health.

Learn how to

- Deal with the symptoms of diabetes: fatigue, pain, hyper/hypoglycemia, stress, and difficult emotions.
- Exercise for maintaining strength and endurance.
- Plan and eat healthier, low-fat meals and how to read nutrition labels.
- Use medication appropriately, and
- Work more effectively with health care providers.

Programs like these may lead to a reduction in illness and improved overall health.

We must have at least 8 people signed up in order to start the course. Space is limited.



PACE Coalition

Reserve your seat by calling Mary Ann at (775) 777-3451 or email mary_ann@pacecoalition.org.

This program is was supported by the Division of Public and Behavior Health through Grant Number 1U58DP004820-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division of Public and Behavioral Health nor the Centers for Disease Control and Prevention.

Become a REST Companion™



Delivering education and support to those offering a break to caregivers.

REST, Respite Education and Support Tools

Is a unique, interactive training program, where you will receive the education and tools needed to be a confident and successful in providing respite care to adults and children.

CEU's Available 6.75 for all day class, 3.5 for half day class, cost for CEU's is \$15.00 for processing fee.

The Terrace at Ruby View * "Elko's Senior & Active Lifestyle Center"

1795 Ruby View Drive * Elko, Nevada 89801

May 3, 2017

8:30 – 5:00 (Lunch Provided)

Registration Required

To register or for information, contact

Debbie Anderson MS, LPC, NCC

775-748-2049 * Deborah.anderson@lpnt.net

or Erica Kapua

775-753-7626 * Erica.genesiselko@frontier.com

www.restprogram.org



State of Nevada
Aging &
Disability
Services Division



Ruby Radio 2017 Health & Fitness Fair

<Back

Saturday, March 11th

9 a.m. - 3 p.m.

Elko Convention Center
700 Moran Way, Elko, NV

Free

(775) 777-1196

Summer Activities Fair

In conjunction with ECSD Kindergarten Registration

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Thursday, March 16th, 8 a.m. - 4 p.m.

Friday, March 17th, 8 a.m. - 2 p.m.

ECSD Central Office Board Room

850 Elm Street, Elko, NV

Free

(775) 777-3451 | info@pacecoalition.org

**SPEAKING OUT:
A SERIES OF MONOLOGUES
ABOUT THE EFFECTS OF CHILD ABUSE**

APRIL 5, 2017

6:30 P.M. AT GBC THEATER

**COMBINED ACTIONS CAN PREVENT
CHILD ABUSE IN OUR COMMUNITY!**

TICKETS ARE \$5 AT THE DOOR



**FAMILY
RESOURCE
CENTER**

For more Information:

331 7th St., Elko, NV 89801

Phone: 775-753-7352

Fax: 775-777-9102

Website: www.elkofrc.org

E-mail: reception@elkofrc.org

Like us on Facebook: facebook.com/elkofrc

Follow us on Twitter: twitter.com/elkofrc

Empowering Families Since 1985

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Take Pride

Clean Up Green Up

16th Annual Community Clean Up Day

SATURDAY APRIL 22, 2017

VOLUNTEERS RAFFLE PRIZES

Volunteers will be entered into a raffle to be held Friday, April 28

Adult volunteers will receive a one-day landfill pass

“GROW A TREE WORKSHOP”

at Elko Main City Park
10:30–11:30 a.m.

Volunteer Appreciation Barbecues

11:30 a.m. in
Elko & Spring Creek

Elko Main City Park
Pit #1

Spring Creek
Community Center

MAIN PARK EVENTS

- **PRESCRIPTION DRUG ROUND UP** (Elko Main City Park and Spring Creek Community Center — 9 a.m.-1 p.m.)
- **SHREDDING** - 9:30 a.m.-4 p.m. Limited to one box
Shredding provided by the Ruby Mountain Resource Center.
- **E-WASTE** - Computers, computer accessories, and cell phones. Provided by Nevada I.T. at Elko Main City Park - 10 a.m.-2 p.m.

ELKO LANDFILL

Fees waived for **residential** waste Saturday April 22, 2017.

Household Hazardous Waste at City Landfill — 10 a.m. to 2 p.m.

RECYCLE

Continue to recycle through your local sanitation company!



Teams can pre-register by calling the City of Elko — 777-7210 or online at www.elkocity.com

or

FAX — 777-7219

or email: s.petersen@elkocitynv.gov

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FAMILY SAFETY AWARENESS NIGHT

**PACE
Coalition**

Hispanic Domestic Violence Committee

April 5th, 6 — 8 p.m. • 340 Fir St. (Mater Dei Hall)



Valentina Ortiz - Folklóricos Ballet

Shawn Sherwood - Basic Self Defense



Victor Rodriguez - Domestic Violence

Kyle Stone - Car Seat Demonstration



Call Mary Ann @ (775) 777-3451 for information.