

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

FREE Upcoming Training Sessions

<u>Date—2018</u>	<u>Time</u>
February 27th	5:00—8:00pm
March 20th	5:00—8:00pm
April 17th	5:00—8:00pm
May 14th	5:00—8:00pm
June 11th	5:00—8:00pm
August 6th	5:00—8:00pm
September 3rd	5:00—8:00pm

Location:

**White Pines Wellness Centre
Boardroom (2nd Floor)
1745 Chiefswood Road, Ohsweken**

SafeTALK is a 3-hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to first-aid resources. Alert Helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained Alert Helper, you will be able to:

- Move beyond common myths and stigmas, such as "suicide is a sign of weakness" or "suicide is a cry for help."
- Identify persons with thoughts of suicide using the TALK (Talk, Ask, Listen, Keep Safe) steps to help a person with suicide thoughts to first aid, intervention, and care-givers.

CANCELLED

**All are welcome!
Be a part of creating a suicide-safer community!**

To register contact:
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LivingWorks

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