

Suicide Intervention & Prevention Workshops



Applied Suicide Intervention Skills Training (ASIST)

April 25 & 26, 2019 (Thursday and Friday) 8:30 am—4:30 pm
October 24 & 25, 2019 (Thursday and Friday) 8:30 am—4:30 pm

Cost: \$250

ASIST is a two day, intensive, and practice dominated course designed to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide. Anyone age 18 or older is encouraged to take this course. Upon completion of the ASIST workshop, participants will be issued an ASIST certificate from the Centre for Suicide Prevention that is valid for three years.



ASIST Tune-Up

March 15, 2019 (Friday) 8:30 am—12:30 pm
September 18, 2019 (Wednesday) 12:30 pm—4:30 pm

Cost: \$90

This half-day workshop is only for people with a valid ASIST certificate. This will allow you to renew your ASIST certification for a further two years. Applied Suicide Intervention Skills Training (ASIST) Tune-Up is a half-day refresher course developed by LivingWorks Education for participants who have completed ASIST. The workshop offers participants an opportunity to review the Pathway for Assisting Life Model, discuss successes and challenges in using the model, and clarify concepts covered within the model.



Straight Talk

TBD

Cost: \$100

This half-day workshop is for people working with youth ages 12 to 18. Straight Talk encompasses the developmental, cognitive, and emotional differences found within this age group in presenting strategies to strengthen the protective factors of youth at risk of suicide. Relevant intervention strategies are explored through videos and case studies.



Tattered Teddies

November 1, 2019 (Friday) 12:30 pm—4:30 pm

Cost: \$100

This half-day workshop will examine warning signs in a child and intervention strategies. Suicidal behaviour in children age 12 or younger is a subject of growing concern for those who work with children. Suicidal thoughts and attempts in children have sometimes been overlooked, denied or ignored. Tattered Teddies is an interactive half-day workshop which examines warning signs in a child and explores intervention strategies through stories and case studies.



Workshop Registration

Visit:

www.reddeer.cmha.ca

Email:

workshops@reddeer.cmha.ab.ca

Or Call:

403-342-2266

**These courses will be
held at:**

**ATB Building
CMHA Learning Annex
4911 51 Street,
Suite 404
Red Deer, AB T4N 6V4**

*CMHA Central Alberta Programs
and Services are funded by: The
Government of Canada, United Way
Central Alberta, Alberta Health
Services Addiction and Mental
Health, the Government of Alberta,
Lifelong Learning Council of Red
Deer, and the City of Red Deer*

Like us on Facebook and
Follow us on Twitter!



www.reddeer.cmha.ca



**Canadian Mental
Health Association
Central Alberta**