

# Suicide Intervention & Prevention Workshops



## Applied Suicide Intervention Skills Training (ASIST)

September 11 & 12, 2018

8:30am—4:30pm, Thursday and Friday

November 22 & 23, 2018

8:30am—4:30pm, Thursday and Friday

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

No dates currently scheduled

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

November 15, 2018

12:30pm—4:30pm, Thursday

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

No dates currently scheduled

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.



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

## Course Registration

Visit:

[www.reddeer.cmha.ca](http://www.reddeer.cmha.ca)

Email:

[education@reddeer.cmha.ab.ca](mailto:education@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**

## Workshop Fees

*Red Deer Life Long Learning Council learner bursaries are designed to reduce the costs of CMHA education for people with financial barriers who are not able to cover the course fees for education at CMHA.*

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