



# Workshops

## **ASIST - Applied Suicide Intervention Skills Training**

More than 4,000 people in Canada kill themselves each year. The key to suicide prevention is trained individuals who are ready, willing and able to get involved with each person at risk. Join over 500,000 people worldwide and participate in an ASIST workshop.

## **Counselling the Bereaved**

Are you interested in learning more about suicide bereavement? This one day workshop will improve your ability to facilitate the grief experience of someone bereaved through death, suicide death or any other type of loss including: loss of job, divorce, etc.

## **Mental Health First Aid**

Mental Health First Aid teaches the participants how to help someone who is showing signs of a mental health problem or experiencing a mental health crisis. Anyone can benefit from Mental Health First Aid – general public, teachers, health service providers, emergency workers, front line workers and volunteers.

## **River of Life - Aboriginal Youth Suicide Prevention**

A Status - Indian Youth is five to six times more likely to die from suicide than a non - Native youth. The River of Life workshop is designed to provide information and interventions for caregivers working with Aboriginal youth at risk of suicide aged fifteen to twenty-four. This workshop aims to increase prevention capability of adults working with youth.

## **safeTALK - Suicide Alertness for Everyone**

safeTALK helps to develop suicide awareness with emphasis on recognizing individuals who may be having thoughts of suicide and connecting those individuals with helpers who are prepared to provide first-aid interventions. safeTALK is designed to be used in organizations and communities where there is easy access to an ASIST trained person.

## **Straight Talk - Youth Suicide Prevention**

Suicide is the second leading cause of death among youth in Canada. The Youth Suicide Workshop provides information and fosters the development of intervention skills for those in direct contact with youth. It develops the ability to recognize youth at risk as well as support youth in making healthy choices. The Youth Suicide Workshop meets the accreditation standards set by the Canadian Accreditation Council of Human Services (CACOHS).

## **Tattered Teddies - Child Suicide Prevention**

Suicidal behaviour in children age 12 or younger is a subject of growing concern for those who work with children. This workshop provides information and offers practical approaches for those working with children who are age 12 or younger and who may be at risk of suicide. Intervention approaches build on the skills taught in the Applied Suicide Intervention Skills Training (ASIST) as it applies it to children.

<u>Workshop</u>	<u>Dates 2010</u>	<u>Price</u>	<u>Length</u>
ASIST	May 20 & 21, June 24 & 25, September 16 & 17, October 28 & 29, November 25 & 26	\$ 165.00	2 Days 8:30 am – 4:30 pm
Counselling the Bereaved	June 23 and November 24	\$ 95.00	1 Day 8:30 am – 4:30 pm
Mental Health First Aid	TBA	TBA	2 Days 8:30 am – 4:30 pm
River of Life	May 17 & October 26	\$ 145.00	1 Day 8:30 am – 4:30 pm
safeTALK	May 26, June 16, September 22, October 20 and November 17	\$ 90.00	½ Day 1:00 pm – 4:30 pm
Straight Talk	September 15	\$ 120.00	1 Day 8:30 am – 4:30 pm
Tattered Teddies	May 19 and October 27	\$ 95.00	½ Day 1:00 pm – 4:30 pm

Canadian Mental Health Association – Edmonton Region  
 # 800, 10045 – 111 Street  
 Edmonton, Alberta T5K 2M5  
 Phone: (780) 414-6300 Fax: (780) 482-7498  
 E-Mail: main@cmha-edmonton.ab.ca  
 Website: www.cmha-edmonton.ab.ca





**Workshop Registration Form**

<u>Each registration form <b>must be completed in full</b> to be processed.</u>		
Name: 1. _____ 2. _____ 3. _____		
Agency: _____		
Billing Address: _____		
City: _____	Province: _____	Postal Code: _____
Email Address: _____		
Phone: (w) _____	(c) _____	(f) _____
<b>WORKSHOP</b>	<b>Dates (Please fill in)</b>	<b>PRICE</b>
<b>ASIST</b>	_____	<b>\$165.00</b>
<b>Counselling the Bereaved</b>	_____	<b>\$95.00</b>
<b>Mental Health First Aid</b>	_____	<b>TBA</b>
<b>River of Life</b>	_____	<b>\$145.00</b>
<b>safeTALK</b>	_____	<b>\$90.00</b>
<b>Straight Talk</b>	_____	<b>\$120.00</b>
<b>Tattered Teddies</b>	_____	<b>\$95.00</b>
<b>Payment in full is required before the scheduled workshop. Space will not be reserved without payment.</b> CMHA – Edmonton Region reserves the right to cancel workshops if minimum registration numbers are not met.		
<input type="checkbox"/> Visa/MC #: _____ Expiry Date: _____		
<input type="checkbox"/> Card Holder's Signature: _____		
<input type="checkbox"/> Invoice Agency: _____		
<input type="checkbox"/> Cheque or money order enclosed – Payable to: CMHA – Edmonton Region Harley Court Building 800, 10045 – 111 Street Edmonton, Alberta T5K 2M5		

Please visit our website for workshop descriptions and schedule:  
[www.cmha-edmonton.ab.ca](http://www.cmha-edmonton.ab.ca)

**Cancellation Policy:** If a participant withdraws from a workshop, a **\$ 35.00 cancellation fee** will apply. If a participant withdraws less than 2 business days prior to the workshop, **no refund** will be issued. If a participant chooses to transfer workshop dates, a **\$ 10.00** transfer fee will apply.

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