



Canadian Mental
Health Association
South Okanagan Similkameen
Mental health for all



safeTALK

September Suicide Awareness Day safeTALK Training

This training is half-day long, and will be offered on the following date;

- Date: **September 8th, 2017**
- Time: 8:30am – 11:30am
- Location: Shatford Centre Room
108 – 760 Main St. Penticton, B.C.
- Age: This training is intended for adult participants. You must be 16 and older to register for this training.

Fees: Individual registration: \$35 + GST

- Contact: Canadian Mental Health Association – South Okanagan Similkameen
- Community Education/Advocacy
- Phone: 778-476-5411
- email: cmha.mhadvocate@shaw.ca



ASIST

Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

Canadian Mental Health Association - Unity House 2852 Skaha Lake Rd Penticton, B.C.

When: **September 6th and 7th**

Time: 9:00am – 5:00pm

Fees: \$275.00 per person

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Ph: (250) 492-3636 Fax: (250) 492-9843

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