



## 2- Day Weekend Training – August 19 & 20, 2017 – 9-5pm

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.



### Participants will learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Become empowered to provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

**Location:** Peel Art Gallery Museum and Archives  
9 Wellington St E, Brampton, ON L6W 1Y1

**Cost:** \$175 per person

**Registration deadline:** August 7, 2017

**To register** and inquire about payment options please email Colleen Taffe at:

[colleentaffe@rogers.com](mailto:colleentaffe@rogers.com) or call 416-558-3860

*Payment Includes participant curriculum, certificate, refreshments and light snacks.*

*Lunch not provided.*

*Most people with thoughts of suicide don't truly want to die,  
but are struggling to end the pain in their lives.*

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