

LEARN THE SKILLS TO HELP SAVE A LIFE

Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older—who wants to be able to provide suicide first aid. Widely used by both professionals and the general public, ASIST offers something to every participant. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

This 2 day local ASIST training opportunity is brought to you by Golden Community Social Services Coop and is intended for youth, seniors, volunteers and those who work in the nonprofit sector.

Workshop dates: November 23 & 24, 2016

Location: Golden Civic Centre Conference Room

Pre-registration is required.

To register or inquire: jill@goldencommunitycoop.ca

Or phone: (250) 290-0050

Course fee: \$185.00

Have other training ideas you would like to see offered locally in Golden?
Contact us, and we will see if we can help.