



## A workshop for anyone desiring to learn suicide "first-aid" by learning how to:

- Recognize opportunities for help
- Reach out and offer support
- Develop a safety plan that neutralizes risks
- Apply the "Pathway for Assisting Life" (PAL)
- Link people with community resources

**Who:** Open to Active Duty in the National Capital Region (preferably front line supervisors)

USAF stationed at JBA have priority for registration

When: Tuesday 24<sup>th</sup> & Wednesday 25<sup>th</sup> September 2019

Time: 0830-1630 both days

Where: Chapel 1 on Joint Base Andrews: 1345 Arkansas Rd, JBA, MD 20762

**Dress:** Civilian attire (comfortable, casual, classroom appropriate), no uniforms please!

**Costs:** Free! Requires a two-day commitment

Register: POC: Capt Marissa Pena, 410-310-4639 or marissa.r.pena2.mil@mail.mil

HTML Links: https://www.milsuite.mil/book/groups/joint-base-andrews-violence-prevention/overview or

https://www.milsuite.mil/book/events/65231



