



# LANTERN OF LIGHT

## FAITH-BASED SUICIDE PREVENTION MINISTRY

"The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned!" Isaiah 9:2

**Suicide is recognized as a serious community health problem worldwide. How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward? This suicide alertness training will teach skills to help make a life-saving connection that will support people to choose life.**



## !safeTALK Training

**4-hour interactive, practical, practice-oriented workshop**

- Move beyond the stigma & common tendencies to miss or dismiss suicide
- Recognize invitations for help in people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe)
- Link people with community resources
- 3 Continuing Education Units through CEUnits, approved provider for Nursing, NASW, APA, NBCC and LMFTs

**When:** November 9, 2019, (Saturday), 8:30am – 12:30pm

**Where:** St. Patrick Catholic Church, 127 Jackson Street, Sonora, CA (Parish Hall)

**Fee:** \$15.00 for safeTALK materials and snacks  
(scholarships available upon request)

**Registration:** Online: <https://miwuk.churchcenter.com/registrations/events/276191>

Check payable to Word of Life Fellowship, with "Safetalk" in the memo line.

**Additional Information and Assistance with Registration:**

**Cynthia Halman:** (209) 559-0840, co-founder, Lantern of Light, [lanternoflight365@gmail.com](mailto:lanternoflight365@gmail.com), [Lantern of Light.org](http://LanternofLight.org), 

**Kim Garro:** (209) 247-7406, co-founder, Lantern of Light, [lanternoflight365@gmail.com](mailto:lanternoflight365@gmail.com), [Lantern of Light.org](http://LanternofLight.org), 

**LivingWorks Education Trainers for this event will be Cynthia Halman, Lantern of Light, and Martha Golay, a guest trainer from the faith-community, St. Patrick Catholic Church**

**Cynthia Halman** has a Master's Degree in Social Work and is a Licensed Clinical Social Worker. She has a Pupil Personnel Services Credential and works as an elementary school counselor. She also works as a Hospice Social Worker. She provides care, respect, counseling and bereavement services to multi-cultural, diverse individuals and families who are dealing with difficult life situations. Cynthia has been a LivingWorks Education trainer for ASIST since 2010, a LivingWorks Education trainer for safeTALK since 2013, and was trained in LivingWorks Suicide to Hope in 2016.

**Martha Golay** has been essential in the strategic planning aspects of the YES Partnership's mission to provide trainings for suicide prevention throughout Tuolumne County since 2013. She has been a LivingWorks Education trainer for safeTALK since 2013, and ASIST since 2015. Martha is also a certified instructor in Mental Health First Aid (MHFA) and Youth MHFA, providing trainings that increase understanding and skill sets in working with persons living with additional challenges. Martha is currently the Bereavement Coordinator at Adventist Health Sonora Hospice.

Donations can be made through Word of Life Fellowship, a tax exempt organization, IRS 501(c)(3) No. 94-2837869

