



suicide to Hope is a one-day workshop designed for professional helpers

supporting individuals who struggle with suicide on a long-term basis

suicide to Hope is not a crisis intervention workshop

suicide to Hope is structured around the Pathway to Hope (PaTH) model:

* The Understanding Phase focuses on exploring and describing barriers to recovery and growth
* The Planning Phase involves the formulation of suicide specific recovery and growth goals
* The Implementing Phase focuses on monitoring progress and reviewing the process

**Thresholds will be offering the suicide to Hope Workshop on the following dates in 2023:**

|  |  |  |
| --- | --- | --- |
| Month | March | October |
| Dates | 16 | 19 |

**Location:** Thresholds Homes and Supports Inc. 236 Victoria St. N. Kitchener ON N2H 5C8

**Time:** 8:30am – 4:30pm

**Cost:** $175.00

**Lunch:** 1 hour – not provided

**Facilitator:** Rob Martin, RPN

**RSVP:** Contact Thresholds Homes and Supports Inc. to register (space is limited)

[jwright@thresholdssupports.ca](mailto:jwright@thresholdssupports.ca)

519-742-3191 ext.1240

In this workshop participants will reflect upon the qualities as helpers they bring to the helping relationship. Participants learn about the various meanings of suicide experiences and discover the opportunities for recovery and growth they present.

 [LivingWorks](https://www.livingworks.net/)

www.llivingworks.net