



safeTALK is a 3.5-hour workshop that prepares anyone 15 or older,

regardless of prior experience or training, to become a suicide-alert helper.

safeTALK trained helpers learn how to recognize invitations for help

that are often overlooked

safeTALK trained helpers learn how to apply the TALK steps:

Tell – Ask – Listen - Keepsafe

The training features presentations and guidance from a Living Works trainer,

Powerful audiovisual aids, and an opportunity to practice the TALK steps

Participant safety is ensure during the workshop by the presence of a

Community Resource person trained in helping, and suicide intervention

**Thresholds will be offering the safeTALK Workshop on the following dates in 2023:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Month | February | April | June | August | October |
| Dates | 24 | 28 | 23 | 25 | 27 |

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

**Time:**  8:30am – 12 noon

**Cost:** $50.00

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

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519-742-3191 ext.1240

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

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