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Description automatically generated  **ASIST: A**pplied **S**uicide **I**ntervention **S**kills **T**raining is a two-day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid interventions. This workshop is open to all caregivers, formally designated or not; adults and youth 16 plus.

By the end of this workshop, participants will be better able to:

* Identify people who have thoughts of suicide
* Understand how beliefs and attitudes can affect suicide interventions
* Understand a person who is thinking about suicide’s story about suicide
* Recognize turning points that connect the person to life
* Conduct a safety assessment and develop a plan that will keep the person thinking about suicide safe for now
* Confirm the person thinking about suicide’s commitment to the safe-plan and their intent to follow it through.

**The role of ASIST in a Suicide-Safer Community:**

**ASIST** caregivers complete the process that safeTALK helpers start, providing life assisting, suicide first-aid intervention.

*“I use* ASIST *in virtually every crisis situation, in both of my roles as a volunteer and employee…thank you for this life changing program.”*

–ASIST PARTICIPANT

Workshop facilitated by Jody Stronstad and Cynthia Andal will be held **May 14 & 15, 2024** from **8:30am-4:30pm** at UNBC, Library Building 5, Room 5-154 (3333 University Way, Prince George, BC). Cost is $300 or $250 for students. To register, please contact Riley Skinner at [riley@crisis-centre.ca](mailto:riley@crisis-centre.ca) or call 250-564-9658. Registration and payment deadline is **Wednesday, May 8, 2024.**

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