



Nechi Institute: Centre of Indigenous Learning

SUICIDE PREVENTION

Five Day Workshop

Every year, approximately 4,500 people in Canada die by suicide, which is equivalent to 12 people dying by suicide every day. For every person lost to suicide, many more experience thoughts of suicide or attempt suicide. (Suicide in Canada. Canada.ca)

- Describe the importance of self-care and develop a self-care plan
- Define Suicide and the elements of suicide
- Discuss categories of suicide and brief history on suicide.
- Examine and become aware of Canadian and Alberta suicide statistics
- Become aware of thoughts or statements said by a person who is contemplating suicide
- Develop and awareness of characteristics of someone who is contemplating suicide (physical, emotional, mental, spiritual)? Develop a Medicine Wheel
- Develop an awareness of the Suicide Risk Assessment
- Become aware of the bereavement, grief and mourning states following a suicide
- Discuss suicide prevention and intervention

Location: Nechi Institute: Centre of Indigenous Learning Online Learning
13535 122 Avenue
Edmonton AB T5L 2V7

Time: 9:00 a.m. – 4:30 p.m.

Fees: \$2,000.00 per person – includes materials

***** Minimum 10 participants*****

Please call
780-459-1884
for more
information

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