



CWCF Brings safeTALK Suicide alertness Workshop to CW

June 13, 2018 - Centre Wellington, ON – For Immediate Release

The Centre Wellington Community Foundation is bringing a safeTALK workshop to Centre Wellington.

SafeTALK is a half-day course that offers participants practical steps to help someone with thoughts of suicide and helps both to connect with more specialized support. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

SafeTALK participants will learn to:

- notice and respond to situations where suicide thoughts might be present;
- recognize that invitations for help are often overlooked;
- move beyond the common tendency to miss, dismiss, and avoid suicide;
- apply the TALK steps: tell, ask, listen and keep safe; and
- know community resources and how to connect someone for further help.

The safeTALK workshop is on Saturday, June 23rd. It will be held at the Elora Public Library downstairs in the Community Room from 9:00 AM to 12:30 PM. You can find full details and ticket(s), \$10 each at www.cwcfoundation.ca.

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For more information:

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