



Getting Real About Suicide Prevention (GRASP) Training For Youth



Kermode Friendship Society in Partnership with the Crisis Prevention and Intervention & Information Center will be hosting Grasp Training for youth - April 5-6 from 9-4pm at Kermode Friendship Society, 3323 Kalum Street BC. For any other questions pls feel free to call Lilian or Angela a Kermode Friendship Society at 250-635-4906 and you can fax completed Grasp forms to 250-635-3013.

Join Sandra and Megan from the Crisis Centre for Northern BC for a program with lots of laughter, music and fun activities.

GRASP is a fun and interactive gatekeeper training program for students grades nine and above interested in skills to be effective peer helpers. **GRASP** will help you understand your own strength and help others find theirs.

Growth:

- Self-discovery and personal awareness
- Listening skills
- Personal biases
- Healthy/Unhealthy behaviours and relationships

Resilience

- Setting healthy boundaries
- Communication/expressing needs
- Creating coping plans
- Awareness of community resources

Acknowledgment

- The power of acknowledging
Conand supporting others

Suicide Awareness

- Myths and misinformation
- Red Flags and Worrisome Behaviours

Preparation and Planning

- What to do if you suspect someone is thinking about suicide
- How to create a safe plan
- The importance of getting appropriate resources in place
- Why suicide should never be kept secret
- Community resource information



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Name of

Student: _____

Teacher: _____

Grade: _____

Phone: _____

School: _____

School Phone: _____

Email: _____

Parent Permission to participate: _____

