



## Training Calendar - Spring 2016

### Mental Health First Aid



*Mental Health First Aid is help provided to someone developing a mental health problem or experiencing a mental health crisis. We offer both Basic and Youth versions.*

**Dates:** 1. June 7 & 8 (Basic)  
2. June 28 & 29 (Youth)  
3. July 6 & 7 (Youth)

**Location:** DMHS Whitby Mall Training Room (Lang Tower, Suite 202)

**Time:** 9:00am – 4:00pm both days

**Cost:** \$120

To register or for additional information on July and August dates, please contact Aubrey Andrus at [aandrus@dmhs.ca](mailto:aandrus@dmhs.ca) or 905-666-0831, ext. 3228.

### safeTALK - LivingWorks Education (Suicide Alertness For Everyone)

**Relatively new to Durham Region** from LivingWorks Education, the makers of ASIST, safeTALK is a 3 ½ hour suicide alertness program that helps participants become alert to the danger of suicide and able to link people with thoughts of suicide to effective intervention support.



**Dates:** Friday, June 17

**Location:** Oshawa and District Shrine Club (1626 Simcoe Street North)

**Time:** 9:00am – 12:30pm

**Cost:** \$60

To register, please contact David Clarke at [dclarke@dmhs.ca](mailto:dclarke@dmhs.ca) or 905-666-0831, ext. 3242



## **Combined Crisis and Suicide Intervention** **(one day workshop)**

*Human service workers must know how to intervene effectively with people in crisis – whether those people “act out” aggressively or “act in” with thoughts of suicide. This one-day workshop uses a research-tested model of crisis intervention to give helpers the tools they need to resolve crises safely and effectively.*

**Dates:** Friday, June 24

**Location:** Oshawa and District Shrine Club  
(1626 Simcoe Street North)

**Time:** 9:00am – 4:00pm

**Cost:** \$70 per person

To register, please contact David Clarke at [dclarke@dmhs.ca](mailto:dclarke@dmhs.ca) or  
905-666-0831, ext. 3242