



As a part of the mandate to create suicide safer communities and build community resilience, The Annapolis Valley Coalition of CAST - Communities Addressing Suicide Together is pleased to offer spring training in **ASIST**.

What is **ASIST**? Applied Suicide Intervention Skills Training (ASIST) is a **two-day** interactive workshop in **suicide first aid**. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. **Anyone 16 or older** can learn and use the ASIST model.

When: Sat and Sun June 3 and 4, 2017

Where: WKM Health Centre in Berwick

Cost: ~~\$195~~ \$75

We are offering a \$120 savings on the usual cost of ASIST. This is due to the generous support of all 5 **Community Health Boards** in the Annapolis Valley.

*please get in touch with us if cost presents a barrier to participation or if you require transportation.

To register please email: av.cast.coalition@gmail.com or sybil.power@gmail.com

Or call 902 542-7513

Payment must be made in advance to guarantee registration.