

Nihè dinch'è jì' wètàzul (It is better when you are with us)

TRAINING WEEK

October 24-28, 2022 - Dawson City

Offered Trainings: ASIST & SafeTALK

ASIST

Applied Suicide Intervention Skills Training (2-day training)

SafeTALK

A half day training to prepare you to be a suicide-alert helper (4-hour training)

Cost: FREE!

All of the trainings are sponsored by the Tr'ondëk Hwëchin Wellness Department and Mental Wellness and Substance Use Services (Health and Social Services, Yukon Government).

Space provided in kind by Yukon University, Dawson Community Campus.



Nihè
dinch'è jì'
wètàzul

SafeTALK (4-hour training)

TRAINING ALLOWANCE

50 Dawson Dollars offered to all participants who are attending on their own time (outside of work)

COURSE DETAILS

- A half day training that prepares you to be a suicide-alert helper.
- Learn how to recognize signs of someone who needs help and how to take action by connecting them to someone who can further help.
- People often miss, dismiss and avoid suicide. You'll learn why & how to increase your confidence and skills to have tough conversations with those who need it.
- Two knowledgeable, supportive trainers will guide you through the course, ensuring your comfort and safety.

This FREE training session is offered at two different times to accommodate diverse work schedules.

When: Thursday, October 27 from 1 pm to 4 pm

Where: K'äjit-in Zho

Included: lunch, snacks and coffee/tea.

When: Thursday October 27 from 5 pm to 9 pm

Where: Chief John Jonas Centre

Included: dinner, snacks, and coffee/tea.

Value: Over \$100

To sign up for this training:

Contact Tr'odëk Hätr'unohtän Zho, Dawson Campus
867-993-8800 or dawsoncampus@yukonu.ca

ASIST: Applied Suicide Intervention Skills Training (2-day training)

COURSE DETAILS

ASIST is a two-day, skill-building workshop that prepares caregivers of all kinds to provide suicide first aid interventions.

Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety. As an ASIST-trained first aid intervention caregiver, you will be better able to:

- identify people who have thoughts of suicide;
- understand how your beliefs and attitudes can affect suicide interventions;
- seek a shared understanding of the reasons for thoughts of suicide and the reasons for living;
- review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time;
- follow-up on all safety commitments, accessing further help as needed.

Participation in the full two days is required. Enjoy group discussions and practice skills that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

When: Tuesday, October 25, and Wednesday, October 26 from 9 am to 5 pm

Where: Dawson University Campus

Included: lunch, snacks and coffee/tea.

Value: Over \$600

To sign up for this training:

Contact Tr'odëk Hätr'unohtän Zho, Dawson Campus
867-993-8800 or dawsoncampus@yukonu.ca

Community Conversation on Suicide Prevention with Prevention Instructors (2 hour drop-in, no registration required)

COURSE DETAILS

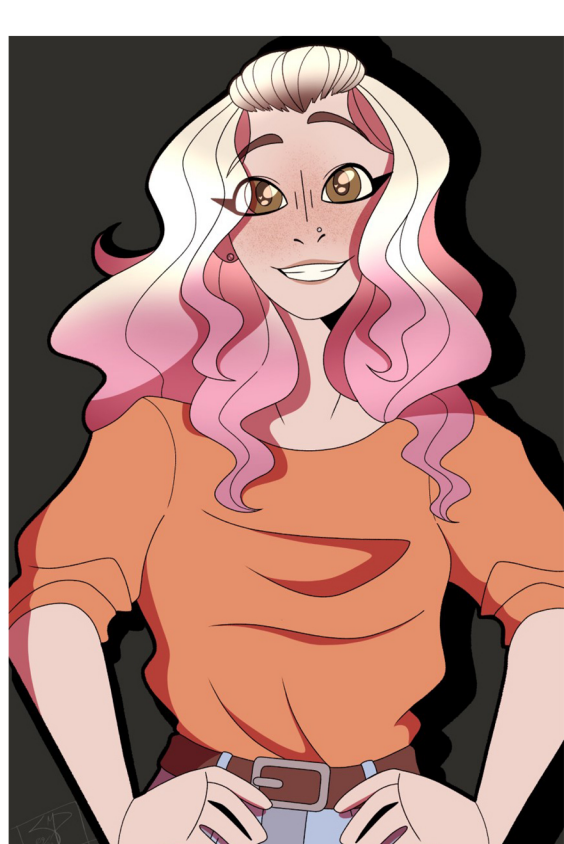
- An opportunity to discuss suicide prevention with Meg Grudeski and Erin Legault, the two trainers who are offering the SafeTALK and ASIST trainings in Dawson this week. Meg and Erin have loads of experience working in the Yukon, and in Yukon communities in particular.
- Come and ask questions (or listen to questions of others!)

When: Friday, October 28 from 11 am to 1 pm

Where: K'äjit-in Zho (Youth Centre)

Included: lunch and coffee/tea.

TRAINER BIOS



Erin Legault

Hey everyone! So a little bit about me goes like this: I have been working in the field since 2008 and youth are my passion! As much as working with youth is what I know best, I have tremendous experience working with adults as well. I graduated with my B.A. in Honours Psychology from Concordia University in Montreal and then moved on to complete my Masters (M.Ed) at the University of Ottawa in Educational Counselling. Most recently, I became a Canadian Certified Counsellor in January 2015 - which allows me to put the fancy 'C.C.C.' letters after my name.

When I'm not sitting on couches or chairs, I also spend a lot of my time traveling the north, facilitating a two day workshop: ASIST (Applied Suicide Intervention Skills Training). I have helped to train over 500 people in the Yukon and have traveled to most all of our rural communities. I also deliver a workshop called SafeTALK which is a 3 hour introduction to become a suicide alert helper.



Meg Grudeski

Salutations! Where to start the ol' biography?

I began my work in the mental health and counselling field ages ago, working with street-level outreach teams and in youth shelters. My harm reduction approach was honed in that work, and continues to grow and inform my core belief of meeting folks where they're at in their lives and helping people identify and utilize their own strengths.

Since moving with my partner to the Yukon, I have made tonnes of great connections, and I've completed my formal graduate studies in counselling psychology (Yorkville University, 2016), adopted two "Yukon Special" rescue dogs, completed my accreditation as a Canadian Certified Counsellor (CCPA, 2017), got a bunch of new tattoos, began the process to become a Provisional Registered Psychologist (CAP, 2021), and joined the Ignite team as a partner! I am excited to continue to work with folks in the territory, and to further expand my professional abilities serving Yukoners.

