

Learn the skills to save a life. ASIST

ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. Over a million people around the world have participated in this award-winning program. Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You don't need any prior training to attend ASIST—just a willingness to make a difference.

Regina Catholic Schools is proud to offer the ASIST Suicide Intervention Workshop to parents of our school division.

Participants must attend the full training day on both Wednesday and Thursday.

This training is open to any parent or caregiver over the age of 16. If you are currently experiencing a mental health crisis, the course might not be the best fit at this time.

- space is limited (20 spots)
- one parent per household
- payment is due at time of registration
- no refunds

The training is being offered at a discount rate for RCSD parents.

**August 23-24, 2023
8:00 a.m. - 4:00 p.m.**

Gratton Room @
Catholic Education Centre
2160 Cameron Street
(14th Ave entrance)

\$75/participant
lunch and snacks provided

**Registration will open
Monday
July 17, 2023 @ 9 a.m.**

To register, please scan the code or click on the link:



LivingWorks



Regina
Catholic Schools



Community Resources

911

Crisis Suicide Helpline 306.525.5333

Talk Suicide Canada 1.833.456.4566

Mobile Crisis Helpline 306.757.0127

Health Line 811

**Kids Help Phone 1.800.668.6868
686868 (text)**

Child and Youth Services 306.766.6700

**For additional resources, please visit:
<https://sk.211.ca>**