

SUICIDE PREVENTION

safeTALK: A Suicide Prevention Workshop Presented by: Arlene Selander


Arlene is the founder of Selander Coaching and Consulting, a nonprofit organization that provides education surrounding suicide prevention and postvention, mental health, and other societal concerns that affect our communities. She has a background in Social Work and has worked with many organizations across Minnesota and surrounding states to provide education. Arlene is passionate about providing education to all and strives to connect with each individual audience.


Living Works' safeTALK is a face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice.

Participants will learn:

- *How to prevent suicide by recognizing signs*
- *How to engage with someone and connect them to an intervention resource for further support*

 WEDNESDAY, JUNE 5TH

 AT 08:00-NOON

 SAUK RAPIDS GOVERNMENT CENTER
250 SUMMIT AVE N, SAUK RAPIDS

This Workshop is FREE, but advance registration is required as seating is limited

REGISTER NOW
SPOTS ARE LIMITED



EVENT HOSTED & SPONSORED BY:



Adult Mental Health Initiative
Benton, Sherburne, Stearns & Wright Counties
www.mnmentalhealth.org

