

FREE TRAINING

safeTALK: A Suicide Prevention Workshop

By: Glen Bloomstrom, M.Div.

Glen is the Military Director of LivingWorks and as such works with the US Department of Defense, veteran's organizations, faith communities, and international militaries. He also serves as an Adjunct Professor at Bethlehem College and Seminary in Minneapolis, Minnesota. His civilian education includes Bachelor of Arts from Bethel University, a Master of Divinity from Bethel Theological Seminary, a Masters of Science from Kansas State University, a Masters of Social Service from the Army War College, and a Leadership Coaching Certificate from Georgetown University. He is also a Clinical Fellow with the American Association for Marriage and Family Therapy.

Date: Tuesday, January 24, 2017 **Time:** 1:00pm- 4:00pm

Location: Stearns County Service Center, Room 121 C/D/E
3301 Co Rd 138, Waite Park, MN 56387

This 3 hour suicide prevention workshop offered by NAMI Minnesota is an evidence based practice that allows time for both practice and discussion. safeTALK is based on research that shows people experiencing thoughts of suicide often send out subtle invitations to help them stay safe. This workshop will teach you how to use these opportunities to support that desire for safety.

Participants Will:

- Learn to move beyond common tendencies to miss, dismiss or avoid the warning signs of suicide.
- Learn to identify people who are at risk.
- Learn to apply the TALK steps
- Learn to connect a person to suicide first aid resources.

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

Registration is required for this training as seating is limited. Please RSVP to CAMHI@co.benton.mn.us to register OR call [320-968-5277](tel:320-968-5277).

When calling to register, please leave your full name and telephone number including area code.

A Certificate of Attendance will be provided for CEUs

Training is presented by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.