

# SUICIDE PREVENTION AND LIFE PROMOTION

## *About the Workshop:*

Everyone needs help sometimes. Come learn about resources and ways to help yourself or someone you know who may be in crisis or is at risk of suicide. Gain information about warning signs, facts & myths, healthy coping skills and more.

Through teachings, expressive art therapy, and other activities, you'll gain practical tools to support your knowledge & healing.



**Saturday & Sunday**  
**January 18 & 19, 2025**  
**9 am - 4 pm**  
**HFN Health Centre**



**Dawneen Ryan,**  
**BA Psych, MACP, RCC**

*Facilitated by Dawneen Ryan,*  
*Registered Psychotherapist &*  
*Certified Indigenous Educator.*

