

COMMUNITY MENTAL WELLNESS TRAINING OPPORTUNITIES

1 in 5 Americans will be affected by a mental health condition in their lifetime and many Americans are affected or impacted through their friends and/or family. Take action today to help others as we fight stigma, provide support, educate the public and advocate for equal care. The trainings below are your opportunity to become aware.

All trainings are open to the community.

SAFETALK

BECOME SUICIDE-ALERT



What is it?

A Four-hour suicide alertness training; includes presentations and guidance from a Living Works registered trainer, simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe. Hands-on skills practice and development.

Open to people ages 15+ regardless of prior experience or training.

\$10 due at Registration. No refunds with less than a 14-day cancellation.

DATE	TIME	LOCATION
September 22, 2023	8:30 AM - 12:30 PM	PCOE Annex, Nobili Room 365 Nevada St., Auburn
October 17, 2023	8:30 AM - 12:30 PM	PCOE Annex, Nobili Room 365 Nevada St., Auburn
January 31, 2024	8:30 AM - 12:30 PM	PCOE Seavey Center 655 Menlo Drive, Rocklin
February 13, 2024	8:30 AM - 12:30 PM	PCOE Seavey Center 655 Menlo Drive, Rocklin
April 17, 2024	8:30 AM - 12:30 PM	PCOE Annex, Nobili Room 365 Nevada St, Auburn