

Help people find hope.

Recovery and growth through painful experiences is a common goal in medicine. It has increasingly shaped expectations in mental health but has yet to be systematically applied to suicide care. suicide to Hope helps participants:

Create hope by affirming that suicide experiences can be life-changing if people keep safe and choose to live;

Assist people to work through suicide toward achievable recovery and growth goals;

Integrate suicide care into recovery approaches to mental health and wellbeing.

The workshop's goal is to encourage and enable participants to apply a recovery and growth oriented approach to working with persons previously at risk and currently safe from suicide. Through interactive learning and practice, participants will learn to:

- Reflect on their qualities as helpers—the beliefs, values and attitudes they bring to the helping relationship—and how these impact on the effectiveness of their work
- Describe key features of a hope-oriented, recovery and growth approach to suicide;
- Understand a framework for finding and exploring recovery and growth opportunities in suicide experiences; and
- Apply a Pathway to Hope (PaTH) model for setting and working toward recovery and growth goals

Wednesday, January 30th 8:30am – 4:30pm

Lions Hall at Burlington Rock, 471 Pearl Street, Burlington, ON L7R 0A5

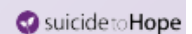
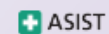
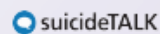
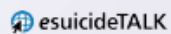
\$150.00 Space is limited

Please register by clicking <https://suicidetohopeworkshop.eventbrite.ca>

This training opportunity is being organized by the Peer Position Network through the Centre for Innovation in Peer Support/Support & Housing-Halton info@



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