

Parents....Let's Talk About Suicide



Focus will be on reducing the stigma around suicide and encouraging open communication with those who are struggling.

Topics addressed will include: why people may choose to die by suicide, attention seeking behaviors, warning signs and how to help.

- ★ Every day in Alberta, more than one person will die as a result of a suicide
- ★ Approximately 500 Albertans die by suicide each year
- ★ Open discussion about youth suicide and differentiate between facts and fallacies.
- ★ We will look at brain health and the science behind boosting positive mental health.

Location: **Ecole Queen Elizabeth School- Parent learning sessions**

Date: **Monday, February 5th**

Time: **6:30 pm- 8:30 pm**

Facilitator: **Mary Dawn Eggleton**- from the Suicide Information & Education Services