

## Thresholds Homes and Supports Inc. Training Calendar 2023

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>ASIST</b>	12/13		9/10		11/12		13/14		7/8		9/10	
<b>safeTALK</b>		24		28		23		25		27		
<b>Suicide to Hope</b>			16							19		
<b>Simulated Voices</b>	20	9		21					15			

### **ASIST**

2-day workshop is suicide intervention skills. Open to anyone over the age of 16

### **safeTALK**

3.5 hour workshop that prepares anyone 15 or older to become a suicide-alert helper

### **suicide to Hope** aiding recovery and growth

1-day workshop designed for professional helpers supporting individuals who struggle with suicide on a long-term basis

### **Simulated Voices**

An interactive 3-hour workshop providing a unique learning experience about the subjective experience of hearing distressing voices