

**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 15/16		12/13		6/7		8/9	
<b>safeTALK</b>		24				23				27		
<b>Suicide to Hope</b>			16							19		
<b>Simulated Voices</b>	20	9 (full)		21 (full)					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**

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