



## **Getting Real About Suicide Prevention (GRASP) Training For Youth**



Kermode Friendship Society in Partnership with the Crisis Prevention and Intervention & Information Center will be hosting Grasp Training for youth - April 5-6 from 9-4pm at Kermode Friendship Society, 3313 Kalum Street BC. For any other questions pls feel free to call Lilian or Angela a Kermode Friendship Society at 250-635-4906 and you can fax completed Grasp forms to 250-635-3013.

Join Sandra and Megan from the Crisis Centre for Northern BC for a program with lots of laughter, music and fun activities.

**GRASP** is a fun and interactive gatekeeper training program for students grades nine and above interested in skills to be effective peer helpers. **GRASP** will help you understand your own strength and help others find theirs.

### **Growth:**

- Self-discovery and personal awareness
- Listening skills
- Personal biases
- Healthy/Unhealthy behaviours and relationships

### **Resilience**

- Setting healthy boundaries
- Communication/expressing needs
- Creating coping plans
- Awareness of community resources

### **Acknowledgment**

- The power of acknowledging  
Conand supporting others

### **Suicide Awareness**

- Myths and misinformation
- Red Flags and Worrisome Behaviours

### **Preparation and Planning**

- What to do if you suspect someone is thinking about suicide
- How to create a safe plan
- The importance of getting appropriate resources in place
- Why suicide should never be kept secret
- Community resource information



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Name of

Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

Phone: \_\_\_\_\_

School: \_\_\_\_\_

School Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent Permission to participate: \_\_\_\_\_





**Crisis Prevention,  
Intervention & Information Centre**  
FOR NORTHERN BC

*We are here for you 24-7*

Tel: 250-564-5736 • Fax: 250-563-0815  
5th Floor, 1600 - 3rd Avenue, Prince George, BC V2L 3G6  
[www.crisis-centre.ca](http://www.crisis-centre.ca)



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