

American Foundation on Suicide Prevention

美國預防自殺基金會

Family Education and Resource Center

家庭教育與資源中心

National Alliance on Mental Illness, Tri-Valley

全國精神健康聯盟 三谷分部

Present 聯手呈獻

SUICIDE PREVENTION WORKSHOP for Family Caregivers

An Informative Educational Forum

“提供普通話即場翻譯”

預防自殺教育培訓論壇

專為家庭照顧者而設

SATURDAY, AUGUST 12, 2017

2017年八月12日週六 上午八點半到下午四點

8:30 am to 4:00 pm

HOPE HOSPICE

地址：6377 Clark Avenue, Dublin, CA, 94568

REGISTRATION REQUIRED

網上註冊 Register on-line at: <http://www.nami-trivalley.org/html/spworkshop.html>

*****Workshop limited to 40 Family Members 人數限40名*****

This free workshop is for families that have a relative with a mental illness and at risk of suicide. You will learn about statistics, facts and basic information; how to communicate with someone that is contemplating suicide; focus on suicide risk; hear directly from law enforcement perspective on 5150s involving suicide; and the importance of practicing self-care.

本次培訓您將了解有關自殺基本信息，事實和數據；了解如何與正在考慮自殺的朋友溝通；了解青少年的自殺風險，聽取多名實施5150法案的警察的建議，並了解自我照顧的重要性。美國華裔精神健康聯盟這次特設中文即場翻譯提供。歡迎更多的華裔朋友們來參加這麼有用和寶貴的培訓。

Morning Refreshments and Lunch Provided. 培訓當天提供早點和午餐。