

# SAVE THE DATE!

## SUICIDE PREVENTION WORKSHOP

**for Family Caregivers**

**An Informative Educational Forum**

### **AUGUST 18, 2018**

9:00 am to 3:30 pm

**Livermore Area Recreational District  
Sycamore Room  
4444 East Ave., Livermore CA**

### **REGISTRATION REQUIRED**

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

**\*\*\*Seating is limited\*\*\***

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.

Morning Refreshments and Lunch Provided.