

**National Alliance on Mental Illness (NAMI), Tri-Valley  
National Alliance on Mental Illness (NAMI), Alameda County  
Crisis Support Services of Alameda County**

Present

**SUICIDE  
PREVENTION  
WORKSHOP  
for Family Caregivers**  
**An Informative Educational Forum**

**AUGUST 13, 2022**

Workshop: 9:00 am to 4:00 pm

THIS FREE WORKSHOP WILL BE CONDUCTED ON ZOOM  
Zoom link will be provided after you register.

**REGISTRATION REQUIRED**

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

This free workshop is for families that have a relative living 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; and the importance of practicing self-care.