

CORES Burdekin

COmmunity Response to Eliminating Suicide

Free One Day Suicide Intervention Training **Saturday 13th November Bookings Essential**

Have you ever been worried about family, friends, neighbours or work mates?

This CORES one day training will give you the skills to recognise the early warning signs of someone at risk, also learn what to say, what to do & where to go for help.

Also; to help someone at risk develop their own safety plan.

To promote help-seeking behaviour before a crisis occurs.

Each participant will learn to identify their own self-care strategies.

An opportunity for participants to develop their own personalised safety plan.

“Become an Early Intervention Friend”

Venue: Burdekin PCYC MacMillan Street Ayr

Cost: Free-BYO Lunch

Time: 8.30am – 3.30pm

Bookings: Ross Romeo 0427 455 313
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“By the Community For The Community”

Face Book: www.facebook.com/CORESQueensland



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