

Sexqeltqin Health Centre

Adams Lake Band
PO Box 1009
Chase, BC V0E 1M0

Telephone: (250)679-7726 Fax: (250)679-2234

Suicide Education and Debriefing Sessions

October 6, 2020

Considering the recent critical incidents ALIB is experiencing, we are offering a suicide education session and debriefing sessions. Darien Thira is a well-known psychologist with a PHD in psychology specializing in trauma and suicide prevention. He will be offering two of the following sessions:

1. Thursday October 8th, from 12-3 and 4 -7 pm, located at 547 Shuswap Ave, Chase Community Hall
2. Friday October 9th. From 9-12 am and 1-4 pm, located at 547 Shuswap Ave, Chase Community Hall

We have limited seating; therefore, the families directly impacted will be contacted and be put on the list first. We acknowledge and recognize that we also have witnesses, community members, and staff who have also been impacted and we invite you to call Natasha to put your name on the list for 1 of the days provided. **You must be able to commit to a full day.**

If you are unable to get your name on the list, we have crisis lines, and clinical counsellors who can assist you. Additionally, the Health Centre is working with FNHA to provide a 5 day culturally rooted community-based suicide intervention/prevention workshop October 19-23rd. The location is yet to be determined.

PLEASE NOTE: Due to the Covid-19 Pandemic, we all must do our part to meet safely. You can expect the organizers to be implementing and following Covid safety protocols such as:

- physical distancing
- having hand washing/hand sanitizer facilities
- promoting mask wearing when physical distancing cannot happen
- arriving well

Can we count on you to assess your own risk, arrive well, and practice Covid safety protocols?

Hosted by Sexqeltqin Health and Wellness and FNHA

Phone: Natasha Billy (236) 586-3970