

60

People called for crisis intervention, support and information

141

Youth attended a Breakfast Club teen retreat or a preteen workshop

55

Additional youth attended Breakfast Club Support and Friendship Nights

749

People attended Men at Risk presentations

17

Men participated in the Men's Support Group

210

Youth natural helpers were trained with Community Helpers Safety Net

101

Adult natural helpers were trained with Community Helpers

289

People were trained in workshops

99

People attended Head Talks/Community Helpers presentations

628

Youth attended Head Talks/Connect presentations

302

Adults attended Head Health/Connect presentations

92

People attended special events (not including fundraising)

14

People attended the Suicide Loss Support Group

2757

People were served

Contents

<i>Message from the Board President and the Executive Director</i>	<i>2</i>
<i>Suicide Prevention Resource Centre Team</i>	<i>3</i>
<i>Suicide Prevention Resource Network (SPRN)</i>	<i>4</i>
<i>Programs and Services</i>	<i>4</i>
<i>Suicide Prevention Resource Centre Core Program</i>	<i>5</i>
<i>The Breakfast Club</i>	<i>6</i>
<i>Men at Risk</i>	<i>8</i>
<i>Men's Support Group</i>	<i>9</i>
<i>Community Helpers</i>	<i>10</i>
<i>Connect</i>	<i>12</i>
<i>Suicide Prevention Resource Centre Funding</i>	<i>13</i>
<i>Supporting These Programs</i>	<i>13</i>
<i>Areas Served</i>	<i>14</i>
<i>Contact Information</i>	<i>14</i>

Message from the Board President and the Executive Director

The 2015 – 2016 fiscal year provided great opportunities for growth and change at SPRC! There were changes in staffing, in board membership, in location and in outreach, all of which have made our organization stronger and more valuable to the community.

New Offices:

Our old offices were cramped and poorly suited to our work. The second floor location without elevator service meant that not everyone could access our programming. The hunt was on to find a new home. We were very fortunate to find undeveloped space in Nordic Court. Our new landlord was open to negotiation, and we were able to develop offices specific to our needs at a reasonable cost. The province helped out with a Community Initiatives Capital grant, and in total about 75% of the leasehold improvement costs were covered by corporate donations and grants. The remainder came from reserve funds that SPRC had saved for office expansion.

Rent our space:

Need to rent a board room or meeting room? Our training room will accommodate 30 in classroom seating, while the boardroom will seat 16. Digital projectors and video conferencing are available. We also have a small meeting room which can accommodate 4 people, and rents by the hour. Because much of our programming runs in the evening, our spaces are often empty during the day. Your very reasonable rent will help support the good work we do. Come for coffee, and get a tour!

New Website:

The other big project in 2015 – 2016 was redevelopment of our website. We moved from a fairly simple site to a large and very informative resource site. This project took much longer than anticipated, as is the nature of website development, and we are thrilled with the result. Thank you, Salt Media, for working with us on this project.

Please visit www.sp-rc.ca for a look at the services SPRC provides in our region. You can make a donation through the website as well – support that is always needed and appreciated.

Our Mission

The mission of the Suicide Prevention Resource Centre is to reduce suicide, suicidal behaviour and their effects by promoting positive alternatives and healthy coping skills.

A Changing and Dynamic Board:

At the 2014 – 2015 Annual General Meeting, five new directors were appointed to the Board. We are pleased to have Connie Korpan, Tracy King, Shelley Brown, Tanya Ray and Morgan McLelland bring their strengths to the Board. However, we were sad to say goodbye to departing directors Jean Reston, Sue Sears and Debi Tomniak. Marianne Hartman completed her term as President and Karen Rosvold was elected to that position.

Public Education Re-branded:

SPRC has provided public education on suicide and mental health since our inception. To help promote these valuable services, public education was re-branded with new logos and a new purpose. Head Health provides clinical presentations to professionals in the fields of mental health and health care over a 3 to 4-hour period. Head Talks are shorter (usually 60 to 90 minutes) and are for students and adults interested in learning more about a specific subject. New this year is a series of regularly scheduled adult Head Talks for people seeking to better understand mental health issues, “Surviving Life with Teens.” These take place every second Thursday evening from September to June. To learn more, visit Head Talks on the Community Helpers page on our website.

Men at Risk Welcomes Samantha Newhook:

We are pleased to welcome Samantha Newhook to our staff. Samantha works two days per week in the Men at Risk program, and helps with Community Helpers Safety Net school presentations as needed. Sam is working on her Masters in Organizational and Industrial Psychology and has been a great addition to our team. We hope to find more funding for Samantha over the next few months, as we certainly want to keep her on staff. However, the Men at Risk program is currently underfunded, and we are seeking solutions to funding.

Thank you:

Finally, we would like to take this opportunity to thank all of our funders and donors who have supported SPRC over the past year. Suicide Prevention Resource Centre provides the communities of northwest Alberta with valuable services, and we couldn't do it without your support. Thank you.

Suicide Prevention Resource Centre Team

Board of Directors



Karen Rosvold
President



Heather Gallagher Rowe
Vice President



Marianne Hartman
Past President



Tanya Ray
Secretary



Brent Huber
Treasurer



Shelley Brown
Director



Tracy King
Director



Connie Korpan
Director



Rhonda Laviolette
Director



Morgan McLellan
Director

Program Staff and Contractors

Gladys Blackmore, Executive Director

Carol Bromley Meeres, Director, Publishing & Communication

Barbara Campbell, Men at Risk Coordinator

Crystal Gilbertson, Breakfast Club Program Support

Ashley Driedger, Community Helpers Coordinator

Maggie Barry, Breakfast Club Coordinator

Carol Thomson, Bookkeeper

Faris Atkinson, Connect Coordinator, Men at Risk
Assistant Coordinator, Breakfast Club presenter

Brenda McIntyre, Program Assistant and Breakfast Club
Assistant

Samantha Newhook, Men at Risk Assistant Coordinator

Richard Nasedkin, Men's Support Group Facilitator

Marianne Hartman, Volunteer Facilitator,
Survivors of Suicide Loss Support Group



Suicide Prevention Resource Network (SPRN)

SPRN is a collection of agencies, health organizations and stakeholders with an interest in suicide prevention. The group meets three times per year to share experiences and insights and to discuss program accomplishments and shortfalls. SPRN helps to identify trends in the community and to find solutions as issues arise. Thank you to the following organizations that share our work:

- Cool Aid Society
- Grande Prairie Victim Services Unit
- Seniors Outreach Program
- Sunrise House Youth Emergency Shelter
- Odyssey House
- Community Social Development – City of Grande Prairie
- Alberta Health Services
- FCSS County of Grande Prairie No. 1
- Canadian Mental Health Association
- R Work Group
- Pregnant & Parenting Teens
- Catholic Family Services
- Grande Prairie Ministerial Association
- Queen Elizabeth II Hospital
- St. Paul's United Church
- Grande Prairie Public School District
- Peace Wapiti School District
- Addictions and Mental Health
- Parent Link Centre
- Mountain Plains Community Services

Overall Program Goals

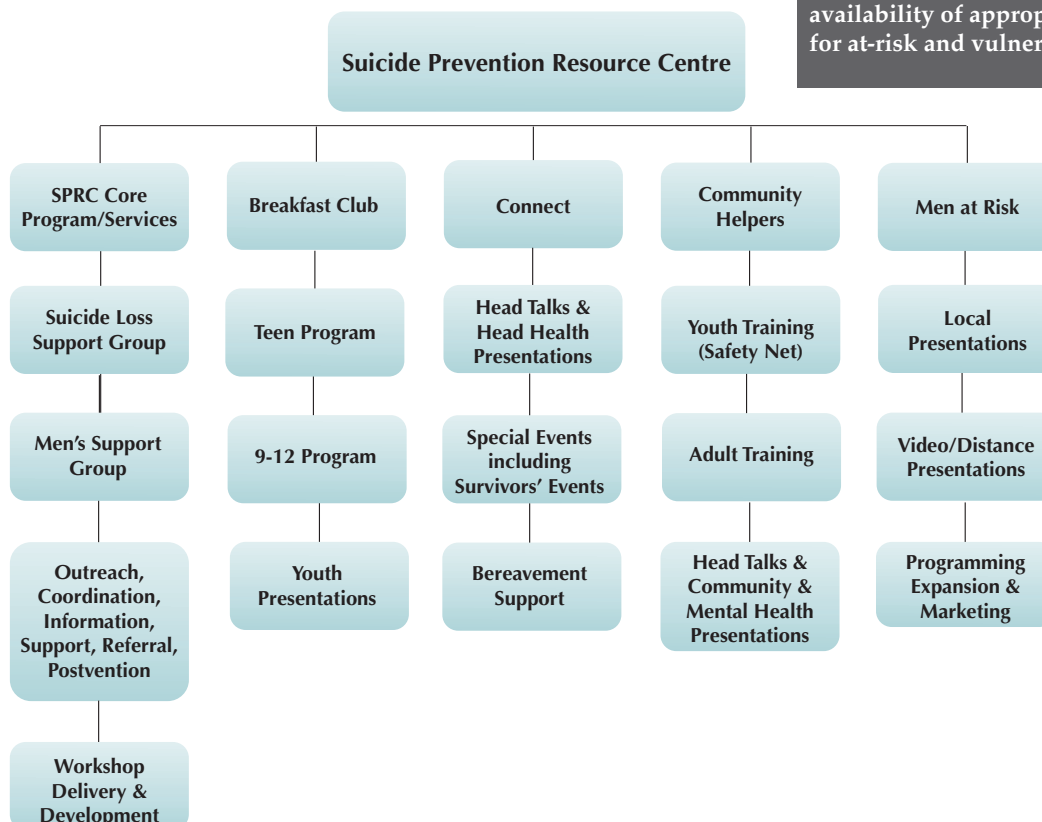
To help prevent fatal and nonfatal suicidal behaviour.

To reduce the impact of fatal and nonfatal suicidal behaviour on individuals, families and communities.

To improve awareness of services for at-risk persons.

To advocate for better access to and availability of appropriate services for at-risk and vulnerable persons.

Programs and Services



Suicide Prevention Resource Centre Core Program

The Core program is the foundation for all of SPRC's activities. Core provides administrative support and leadership to our programs and reaches out to the community to establish capacity and partnerships through coordination and collaboration. Core also distributes research and information related to mental health promotion, suicide prevention, intervention and bereavement support.

Crisis and Consultation Services

As a resource centre, SPRC provides supports and information to people who may be experiencing a mental health crisis, or who may be supporting someone in crisis. Our staff are all certified in Applied Suicide Intervention Skills Training (ASIST) and are equipped to help individuals to develop a safety plan and to connect to additional resources for further support. Core also provides information and consultation with other helping agencies, health services and businesses. In this fiscal year, staff responded to 60 calls for crisis intervention, support and information, a marginal increase from the previous year.

Workshops

SPRC offers many key workshops focusing on mental health and suicide prevention:

- Applied Suicide Intervention Skills Training (ASIST): 12 workshops/216 people trained
- ASIST Tune-up: 2 workshops/28 people renewed skills
- Help Empower Acknowledge Respond (HEAR): 1 workshop/11 people trained
- Raising Awareness of Self-Mutilation: 2 workshops/17 people trained
- Workshops for people concerned with children and youth: 2 workshops/17 people trained

Total attendance: 289

Suicide Loss Support Group

We have around 7 to 8 attendees per meeting with a total of 14 people accessing the group.

COMMENTS:

- 1) Group meetings brought one attendee comfort by realizing she was "not crazy" and that others had feelings like she has.
- 2) "Feeling like I am not alone - finally getting a space to be able to talk about my families experience with suicide. Taboo subject around my other family members."
- 3) "Big supportive place and the feeling of not being alone."
- 4) "Group helped me thru the hardest journey of my life, knowing I am not crazy with my thoughts was a great comfort."
- 5) the group is a safe place to share my story of anger, negativity etc... working thru my story and experience helped me feel good about helping others.
- 6) Going to the meetings when I am so tired and feeling like staying at home have always brought me a best night of sharing and healing, always glad I come.

Volunteers

Over 80 volunteers have provided more than 400 hours of service support to Suicide Prevention Resource Centre over the year. We rely on volunteers to help with camps and retreats, to help facilitate programming, to offer advice and to support us in a number of other ways. Without this valuable assistance, we could not provide the affordable service we provide to the region. Thank you, one and all!

Fundraising and Donations

Our annual Chair Extraordinaire is the most important fundraising event we hold. It provides significant support to programs, which, while well funded, still struggle to make ends meet. The Fifth Annual Chair Extraordinaire raised over \$78,000 in 2015. This would not be possible without generous sponsorship, thousands of dollars in donations and over 400 attendees willing to join the silent and live auctions.

Other major contributions included:

- Lisa Longball Celebrity Golf Tournament: \$8,000
- Aquatera Bottle Recycling: \$2700
- Individual Donations: over \$20,000

Thank you so much to these supporters and to all the donors who help to sustain our programming.

The Breakfast Club

The program started as a small support group 26 years ago for youth who had attempted suicide, and evolved into a preventive program available to all youth, ages 9-17, with the goal of improving coping skills, support networks, and awareness of youth issues.

During 2015-2016, 141 individuals participated in a teen retreat or a 9-12 year old one or two day workshop. The Breakfast Club is a wonderful and fun opportunity for youth to come together. It helps them discover that they are not alone in a lot of the things that they worry about or struggle with.

Adolescents (ages 13-17) start with a weekend retreat and then take part in 4-5 weekly follow-up sessions and monthly Support and Friendship nights. 9-12 year olds start with a one-day or two-day workshop and have up to 5 weekly follow-up sessions. The Breakfast Club offers an opportunity to work on coping skills and to increase positive support networks.

The name is inspired by the movie, "The Breakfast Club," by John Hughes.

Teen Weekend Retreats:

- 71 distinct individuals attended weekend retreats, including 8 individuals who attended a special Horse Camp.
- Topics covered included healthy coping, stress, anger, self-esteem, feelings, relationships, depression, and grief and loss (based on the needs of each group).
- Four to five weekly follow-up sessions followed each retreat.

Teen Outcomes:

95% of participants thought the retreat was good or excellent and 5% said it was fair.

83% of participants felt they had increased skills to deal with crises and challenges in their life.

86% felt they were able to cope better with situations in their life.

83% of retreat participants would recommend the retreat to a friend, and many have.

"He has been more open and communicative."

"I have seen that her communication skills have improved and her look on life has gotten better" – Parents of teens



Teen Support and Friendship Nights

Attendance at Support and Friendship Nights continued to increase. One hundred youth, including 55 participants from previous years, attended a total of 302 times. On average there are 20 participants at each event. The nights are open to all participants who have attended a teen retreat.

Activities included movie nights, archery, bonfires, Amazing Race, mini-golf, the Jumpyard, Trapped Entertainment, slacklining, nail art, and paintball. While the participants are having fun, they are also building connections with each other and trying something new within the community.

TOP FIVE PRESENTING ISSUES FOR TEENS

1. Peer Relationships/ Bullying
2. Family Stress
3. Self esteem/self image
4. Grief & Loss
5. Depression/Mental Health concerns

WHAT CHANGES WILL I MAKE?

"Try not to stress as much about being lonely because now I am not alone"

Breakfast Club Teen Program Participant

The Breakfast Club Youth Program

Preteen 9 to 12 Year Old One-Day Workshops:

- 70 youth attended 6 one or two day workshops, including a two-day workshop in Fox Creek.
- 4 to 5 weekly follow-up sessions were held for each group
- Topics covered included self-esteem, friendships, bullying, stress, anger and drugs and alcohol.

Preteen (9-12) Participant Outcomes

96% liked the workshop.

87% learned a new skill.

75% of youth feel they are able to cope better with situations in their lives.

78% of youth feel they have increased skills to help them deal with crisis and challenges in their lives.

"I will cope with my emotions better now"

"I know what to do if someone is bullying me"

9-12 year old workshop participants

"She has used some of the techniques taught to resolve problems at school"- Parent of youth (9-12)

THE TOP FIVE PRESENTING ISSUES FOR 9 TO 12S

- 1. Peer Relationships/Bullying**
- 2. Family Stress**
- 3. Coping/Anger**
- 4. Grief & Loss**
- 5. Self-Esteem/Self-Image**

Parent Outcomes

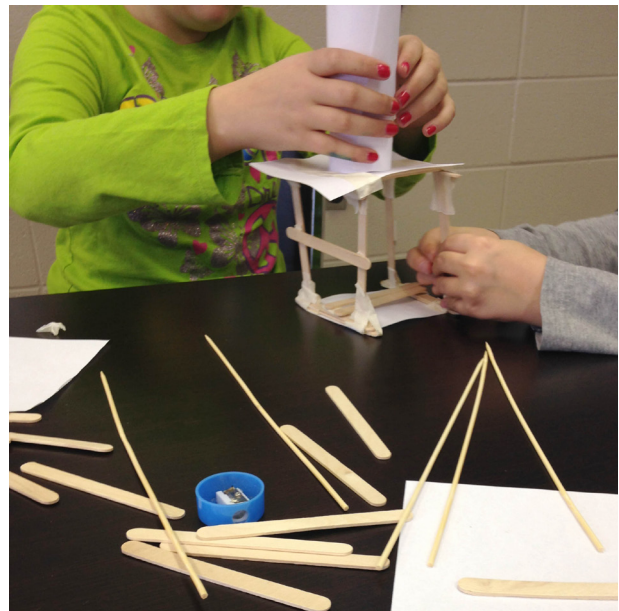
97% say their relationship with their youth has improved since participating in The Breakfast Club.

100% surveyed say they have increased their confidence in their parenting skills.

97% of parents/guardians feel their youth has improved communication of emotions/feelings with them.

97% say they have increased resources and/or supports to cope with stress and conflict with their teen.

100% they feel they can contact The Breakfast Club for support and information for themselves or their child/children.



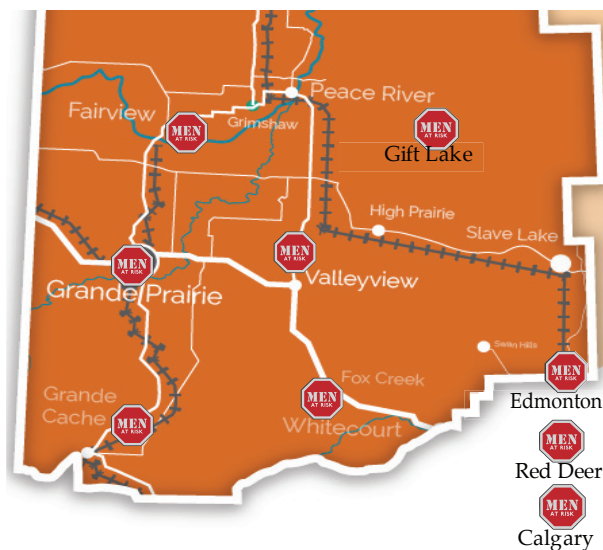
Men at Risk

Men at Risk has been active in the Peace Country since 1999. Men at Risk was created in response to the number of people in trades, industry and agriculture who have died by suicide. As a suicide prevention strategy, Men at Risk increases awareness of mental health issues; provides people with information on how to seek help for themselves, a co-worker, friend or family member; reduces the stigma of seeking help in times of distress.

Men at Risk uses volunteer facilitators with trades and industry or agricultural backgrounds and first-hand experience with mental health problems to co-facilitate the presentations.

- Delivered 40 presentations
- 749 people attended, from employees in a safety meeting to rural community members.
- 8 Men at Risk Facilitators volunteered hundreds of hours to co-deliver presentations. .

Locations of Men at Risk presentations.



Of 637 participants responding to evaluations:

- 97% said they would recommend the Men at Risk presentation to other organizations
- 85% of participants agreed or strongly agreed they would get help for themselves if needed.
- 83% of participants said they learned in the presentation how to help someone who is having mental health problems.

Partnerships

In response to interest resulting from outreach, instructors from NAIT in Edmonton were trained to deliver the Tough Enough To Talk About It video presentation in the fall of 2015. Alberta Health Services Mental Health Promotion facilitators in the North Zone have also been oriented to present the information. This partnership is maintained through ongoing communication and support from Men at Risk staff.



Lloydminster

Red Deer

Calgary



Men at Risk Team: Back Row – Faris Atkinson (Staff), Devon Tretiak, Don Rowan, Rod Rutberg, Tom Pura, Glenn Bielech, Tom Mankowski. Front Row – Samantha Newhook (Staff), Barbara Campbell (Staff), Jody Walker (AHS), Michelle Hodder (AHS). Missing from the photo: Dennis Wohlgenuth and Dennis Shinski

Videos

The three Tough Enough To Talk About It videos and the accompanying presentation material are now available on Suicide Prevention Resource Centre website. Organizations are able to access them by purchasing a membership or contact Men at Risk to book a full presentation.



Statements of Impact – Participants

"I thought the whole focus on being "tough enough to talk about it" is great for oilfield workers because they all act so tough yet are all the same – worked like crazy and then party too hard on days off that they lose sight of who they are or were."

"Over the course of my time here, this presentation was the only one that really helped me."

"Eye opening statistics. Don's story is a perfect example that it [depression] could happen to any of us out in the patch. Happy that he turned it around."

"Very comprehensive. Presenter was very thorough. About time somebody addressed this serious problem!"

Why We Volunteer

"Before volunteering with Men at Risk, mental health was a very hard topic for me to talk about. It's truly rewarding when employees approach me after a presentation and express gratitude for sharing my personal experiences with mental health and addiction. I am beyond proud to know that by sharing my story, I am able to impact and help other individuals who may be struggling to get help." - Dennis Shinski

"Men at Risk opened a door for me to speak about the importance of getting help rather than having to suffer with depression or other mental health problems. After attending the presentation and becoming involved with the program, I am paying it forward" - Don Rowan

"After I lost one of my best friends to suicide, I realized that I needed help in dealing with my own depression and addictions. I now share my story through facilitating with Men at Risk where I can pass on what I've learned about coping and staying healthy to others" - Glenn Bielech

Men's Support Group

Stories (names have been changed).

Adam: His wife told him she was finished with the marriage and wanted a divorce, but did not want to move out. He came to the group within the first week, found out about it on the web. He attended for four months. In that time, she moved out, they sold or split up their belongings, and sold their house. It was an amicable separation and he attributed his mature response to the feedback that he received from the group. Upon the sale of the house, he attended one more time, and formally thanked the group saying that he wouldn't be where he was without the group.

Brian: Was having anger issues at work, temper tantrums, and not sleeping at night. Came to the group ready to quit and get another job. Through the group, he decided to keep his job and concentrate on what was setting him off. He attended for four weeks in a row, found a counsellor and said that the best advice he received from the group was to not quit his job and work on himself instead.

Cory: Moved to Alberta 30 months ago for the Alberta Advantage. Within 16 months of moving here, his mother died, and because of an unfortunate combination of prescription drugs and alcohol, he lost his job. He attended since March 16, missing only one meeting. Through the support of the group he has: 1. abstained from alcohol, while not an addiction the support group helped him stay focused; 2. went through a difficult job of getting an out-of-province license issued; 3. improved his communication skills with his partner; 4. rekindled a relationship with an adult daughter; 4. started a self-employed business. He attributes the support group to "keeping me grounded, focused and positive. If it wasn't for the group I think I would have checked out in April [suicide]."

17 individuals accessed the group with a total of 97 visits.

Mean age: 44, with ages ranging from 32 to 68.

11 were referred by other agencies: Pace, Addictions Centre, doctor

5 attendees or their friends found information on the web

1 from the sign board.

Attendance varied from one time to four months. .

OCCUPATIONS:

- Consultants in the oil and gas industry: 2
- Industry: 6
- Oilfield: 3
- Unemployed: 3
- 2 were self employed or unemployed by choice
- Retired: 1



Community Helpers

During 2015-2016, 210 youth and 101 adults were trained through the Community Helpers Program. Community Helpers supports natural helpers in the community through mental health focused training, including mental health and suicide awareness, connections to community resources, building empathetic listening, a helping skill, and self-care. The program is an Alberta Health Services funded program province wide, with over 1949 people being trained across Alberta during 2015-2016.

Safety Net (Youth Training)

- 120 youth participated in the Safety Net training through their school, including Hythe Regional School, Alexander Forbes School, Derek Taylor School, Clairmont Community School, and Charles Spencer High School
- 99% of students felt more comfortable in helping a friend after training
- 94% of students had increased skills in knowing when to tell an adult, supporting a friend, approaching a friend who they are worried about, and knowing what resources are available



Alexander Forbes Graduates

Adult Training

- 53 adults participated in the training program through public workshops or agency workshops
- 100% of participants felt more comfortable in helping someone after training
- 100% of participants had increased skills in knowing when to inform others, supporting another individual, approaching an individual who is struggling, and knowledge of community resources

"I can now confidently help someone"

"With this knowledge, I know it will be easier to be mentor and helper"

"it encouraged me that I am on the right path when I've helped people in the past"

"I am taking away more knowledge in how to approach people close to me"

WHAT DID I LEARN THAT CAN HELP ME HELP A FRIEND?

"Knowing my limits and when its okay to help" – grade 9 student

"The places I can go to for support"- grade 8 student

"How important it is to also take care of myself"- grade 7 student

"I'm more aware of mental health and empathy versus sympathy"- grade 11 student

"People who are thinking about suicide are not stupid, I will remember that you need to tell someone if you or your friend is in trouble" - grade 7 student

Practicing the Helping Skill



Presentations and the Introduction of Head Talks

99 unique individuals took part in a Head Talks presentation, on various mental health related topics.

Starting in January 2016, Head Talks presentations were created for caregivers of youth. Topics included self-harm, anxiety awareness and coping tools, using empathy to engage teens, Love and Logic introduction, and self-care. 31 caregivers, including parents, youth workers, and grandparents attended.

100% of caregivers indicated they had increased knowledge, resources, and confidence after attending a Head Talks presentation



Other Head Talks presentations were held for the LGBTQ youth drop-in program, students at Harry Balfour school, GPRC fall and winter orientations, Mountain Plains, and the Fahler FCSS summer camp.



Care Kits

Connect

Connect provided knowledge, tools and resource materials to individuals, groups and students in several school districts to increase understanding of mental health and suicidal behaviour. Creating awareness and sharing information on what to say and do when someone is in stress helps save lives.

Adult Presentations:

302 adults attended presentations at:

- Crime Prevention
- GPRC Nursing
- Victim Services Units
- City of Grande Prairie
- Licensed Practical Nursing students
- Emergency Medical Responder students
- Rising Above
- In-patients on the psychiatric wing of the hospital.



Some comments:

"I now have a better understanding on how to reach out to others and things I can do in my life during stressful / depressing times. This presentation was excellent. I cannot see a more powerful way to promote suicide awareness."

"I have a friend who suffers with depression and recently she has become more withdrawn. I am going to tell her that I am concerned about her and get her some help."

"Awesome [presentation], thank you for sharing your experiences, it really opened my eyes."

Promotion/Events/Special Projects/Bereavement Support:

"A New Day" Self-Care Event (May) for survivors of suicide loss annual event. Sponsor: Oliver's Funeral Home, 20 people attended. 5 alternative health providers volunteered.

World Suicide Prevention Day (week of September 10):

- Display at Grande Prairie Regional College (student orientation)
- "Coffee Chats" sponsored by West Side Esquires Coffee House. Launch of the Men at Risk promotional video trailer.
- Annual awareness walk "From Darkness to Light" sponsored by the Dunes Golf and Winter Club - 60 people attended.

International Survivors of Suicide Day (November 21) with support from the American Foundation for Suicide Prevention and International Association for Suicide Prevention. 12 people attended.

Head Talks for Youth (in cooperation with The Breakfast Club to 628 youth)

Connect provided Head Talks on several topics. The most requested presentations were:

- Living an Impression (addressing bullying through purpose, value, empowerment)
- Coping with Loss (understanding grief and mourning)
- Depression and How to Help a Friend

"Some of the things I have been dealing with have a reason and I can get help. It made me understand that I am not alone."

"It's shown me I am stronger than I thought"

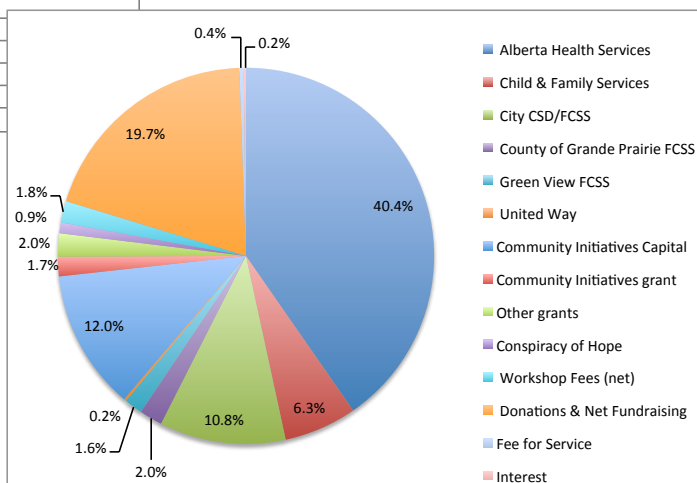
"I've learned that depression is a disease and sometimes all someone needs is for someone to listen. I have learned how to help a friend."



Suicide Prevention Resource Centre Funding

	Total Funding	% of Total Funding	
Alberta Health Services	\$251,277	40.4%	SPRC Core, Breakfast Club & Community Helpers
Child & Family Services	\$39,000	6.3%	Breakfast Club
City CSD/FCSS	\$67,536	10.8%	Breakfast Club, Connect, Men's Support Group
County of Grande Prairie FCSS	\$12,375	2.0%	SPRC Core, Breakfast Club & Men at Risk
Green View FCSS	\$9,750	1.6%	SPRC Core, Breakfast Club & Men at Risk
United Way	\$1,232	0.2%	Men at Risk & Breakfast Club
Community Initiatives Capital	\$75,000	12.0%	Leasehold Improvements, Moving
Community Initiatives grant	\$10,417	1.7%	SPRC Core, Survivors Group, Connect
Other grants	\$12,468	2.0%	SPRC Core, Breakfast Club, Community Helpers, Men at Risk
Conspiracy of Hope	\$5,765	0.9%	Training Carried from 2014/15
Workshop Fees (net)	\$11,510	1.8%	SPRC Core
Donations & Net Fundraising	\$122,886	19.7%	All programs
Fee for Service	\$2,345	0.4%	SPRC Core, Men at Risk
Interest	\$1,182	0.2%	SPRC Core
	\$622,743	100.00%	

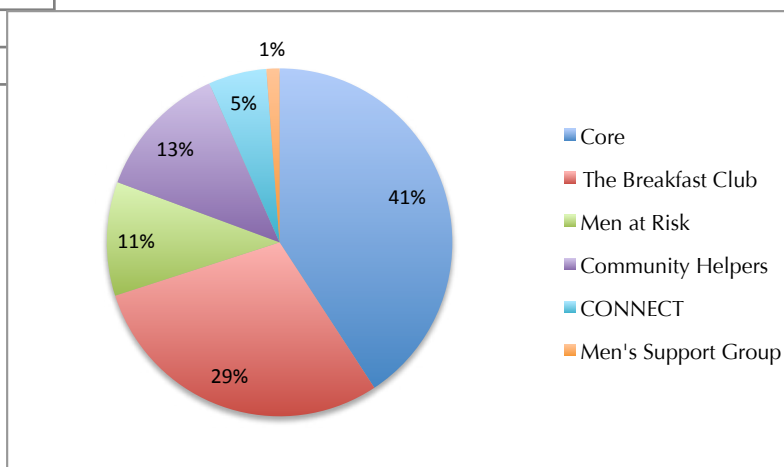
Based on preliminary figures.



Supporting These Programs

Program	Total Cost	% of Total Revenue
Core	\$274,151	40.8%
The Breakfast Club	\$196,980	29.3%
Men at Risk	\$71,193	10.6%
Community Helpers	\$85,498	12.7%
Connect	\$36,662	5.5%
Men's Support Group	\$8,200	1.2%
Total Expenses	\$672,684	

Based on preliminary figures.



Areas Served

	Beaverlodge, Hythe, Horse Lake	County of Grande Prairie rural	Sexsmith, Clairmont	Teepee Creek	Valhalla LaGlacé	Wembley	Fairview	Grovedale	Valleyview	Debolt	Other Green View	Grande Cache	Grande Prairie	Spirit River Rycroft, Wanham	Sturgeon Lake	Entire Region	Grimshaw & Duncan's	Peace River, High Prairie, Slave Lake or Other
Information requests filled (SPRC)	•	•	•				•		•				•		•			
Presentations	•		•					•						•	•			•
Training workshop locations	•				•								•		•			
Coordination/Community Development including interagency meetings	•	•	•				•		•				•	•	•			
Bereavement support/Postvention	•		•			•	•						•	•	•			•
Crisis calls/consultations	•	•											•					•
Community Helpers	•	•	•										•		•			
Breakfast Club (retreats & workshops)	•	•	•	•	•	•	•		•	•	•		•	•	•			
Men at Risk Program	•	•	•				•		•			•	•	•				•
Men's Support Group	•	•	•										•	•				
Survivors of Suicide Loss Group		•											•					

NB: "Grande Prairie" includes organizations that provide regional services, e.g. Addictions and Mental Health, Queen Elizabeth II Hospital

Contact Information

www.sp-rc.ca

manager@sp-rc.ca

fax 780.539.6574

phone 780.539.6680

200, 10014 - 99 Street
Grande Prairie, AB T8V 3N4

14



Suicide Prevention Resource Centre Annual Report April 2015 to March 2016