

**CONNECTING PEOPLE  
WITH KNOWLEDGE  
AND TOOLS  
TO SAVE LIVES**



**COMMUNITY EDUCATION  
AND OUTREACH**

**CREATING  
CONVERSATIONS THAT  
SAVE LIVES**

A PROGRAM OF THE RESOURCE CENTRE  
FOR SUICIDE PREVENTION

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Connect builds awareness through public education. It is designed to “Connect people with knowledge and tools to save lives” through presentations, workshop training, and public displays or events.

Presentations aim to educate the public about mental health, coping with stress, and self-care, or provide information on our agency services & programs.

Each presentation may range from 1 hour to 3 hours and can be delivered in-person or virtually.

Suicide Prevention is about promoting emotional well-being and raising awareness.

**Just like physical health, everyone has mental health.**

**Yet conversations around it are often cut short.**

## **Mental Health 101**

A 1-hour presentation designed to increase participant's understanding of mental health and how it relates to them, as well as how to provide support to yourself and others around you.

## **Psychological First Aid (PFA)**

A 2-hour presentation that trains community members in how to give practical support to those affected by a disaster, emergency, or pandemic. This presentation focuses on giving practical support in a way that respects the person's dignity, culture, and abilities.

## **Wellness Exchange**

Wellness Exchange is a resilience-building series that help individuals cope with stress and adversity while promoting positive mental health and well-being. This series runs as five 1-hour long presentations.

## **Sciences of Hope & Resilience**

A 3-hour presentation that breaks down the basic elements of brain science and development. We explore the body's automatic responses to stress as well as the negative role of Adverse Childhood Experiences (ACES)

## **Trauma-Informed Care**

A 3-hour presentation exploring the impacts traumatic experiences play in people's everyday lives. The focus of the presentation is to raise awareness surrounding the prevalence and impacts of trauma in the community.