

LEADING LIFESAVING CONVERSATIONS:

L.E.A.R.N.[®] to Help Someone Who May
Be Considering Suicide

Weds., May 1, 2024
Skagit Valley College
Knutzen Cardinal Center
5:00 pm - 7:30 pm*

Join Mental Health Matters of Washington
and the UW Forefront Suicide Prevention
Center for a **FREE**, educational workshop
to help people L.E.A.R.N. skills that can save
lives.

Developed by UW's Forefront Suicide Prevention
Center, the five effective L.E.A.R.N steps
empower individuals to help those struggling
with their mental health and move in the
direction of hope, recovery, and survival.

Workshop Agenda

5:00 - 7:00 pm L.E.A.R.N. skills training; dialogue

7:00 - 7:30 pm Resource sharing

***taco bar and light refreshments provided**



***With live English-Spanish translation.**

REGISTER NOW



SCAN ME