

**Workshop Dates:**

October 14, 2021  
8:30 AM to 12:00 Noon

**Location:**

Murchison Center (15 St. Pius X Ave.)  
Intersection of St. Peter's & St. Pius X Ave.  
Charlottetown, PE

**Cost:**

\$50.00 for half-day workshop  
• includes nutritional break

**Registration:**

Due to limited space we cannot reserve seating. Seats will be confirmed on a first come first served basis, upon registration. To register, please complete the attached registration form and send it with your check or money order to:

CMHA/PEI Division  
178 Fitzroy Street  
P.O. Box 785  
Charlottetown, PE  
C1A 7L9

- \* **Payment must accompany registration form to secure seat(s).**
- \* **Sorry, no refunds.**
- \* **Credit/debit card payments may be made through our Ch'town office in-person or by phone (566-3034).**
- \* **If registering after Oct 1, please phone about space availability.**
- \* **Receipts will be available on the first day of training.**

For more information contact:

CMHA's Suicide Prevention Coordinator  
Phone: (902) 628-3669  
suicideprevention@cmha.pe.ca  
www.cmha.pe.ca



# ASIST Tune-Up

## Applied Suicide Intervention Skills Training Ed. 11 Refresher

Canadian Mental Health Association/P.E.I. Division is hosting a **half-day ASIST Tune-up** (Applied Suicide Intervention Skills Training).

Every few years, ASIST participants need to 'tune-up' their suicide intervention skills in a refresher workshop. The ASIST Tune-Up Workshop focuses on tuning-up and practicing the skills learned in ASIST - how to recognize opportunities for help, to reach out and offer support and to apply the 'pathways for assisting life' (PAL) model, linking a person with thoughts of suicide to the appropriate community resources.

In order to participate in this refresher, you must have completed the two-day ASIST Workshop; Edition 11 (offered since 2014). If you are unsure when you took your ASIST training, the date can be found on your ASIST Certificate.

If you received your ASIST training prior to the Fall of 2014 it is recommended you take the full two-day training in order to obtain your ASIST re-certification. Please see our website ([www.cmha.pe.ca](http://www.cmha.pe.ca)) for our next ASIST workshop dates.



Canadian Mental  
Health Association  
Prince Edward Island

**ASIST Tune-Up Registration Form; Oct. 14, 2021– Payment to accompany registration**

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_ Organization: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Estimated Date of your ASIST Training? \_\_\_\_\_