

**Workshop Dates:**

February 18<sup>th</sup> and 19<sup>th</sup>, 2025  
8:30 AM to 4:30 PM  
(Storm date Feb. 25<sup>th</sup> and 26<sup>th</sup>)

**Location:**

The Murchison Centre (17 St. Pius X Ave,  
Charlottetown, PE)

**Cost:**

\$250.00 for the two-day workshop  
• Includes materials & nutritional breaks  
• Lunch is on your own (12:00-1:00 PM)

**Registration:**

- To register, please complete the registration form below and email to [division@cmha.pe.ca](mailto:division@cmha.pe.ca) or fax to (902) 566-4643 or mail to:  
CMHA PEI Division  
P.O. Box 785  
Charlottetown, PE  
C1A 7L9
- Payment must accompany the registration form to secure a seat.
- Payments may be made by cheque, e-transfer ([payments@cmha.pe.ca](mailto:payments@cmha.pe.ca)), credit card by calling (902) 566-3034 or debit card, in person, at 178 Fitzroy St., Charlottetown
- Sorry, no refunds. If for some reason you are unable to attend, your registration fee can be transferred to a new date **if** notice is given **3 business days prior**. Failure to attend, without this notice, will result in forfeiture of registration fee, and no fee transfer to a future date will be permitted.
- Seats will be confirmed on a first come, first served basis.

To inquire about space availability or other information email us at [division@cmha.pe.ca](mailto:division@cmha.pe.ca) or by phone (902) 566-3034



# ASIST Workshop

## Applied Suicide Intervention Skills Training; Edition 11.1

The Canadian Mental Health Association/PEI Division (CMHA/PEI) is hosting a 2-day **Applied Suicide Intervention Skills Training (ASIST) Workshop** for community caregivers.

The emphasis of the ASIST Workshop is on suicide first-aid; on helping a person at risk to stay safe and then to seek further help. With this in mind, participants learn to recognize opportunities for help, to reach out and offer support and to apply the 'pathways for assisting life' model, linking a person-at-risk to the appropriate resources. Participants' feedback indicates that the workshop increases caregivers' knowledge, comfort level and confidence in responding to a person at risk of suicide.

ASIST participants often include; workers from health, social services and justice, school counselors, teachers, clergy, mental health practitioners, emergency personnel and people concerned about family or friends. The workshop includes interactive learning techniques, DVD learning aids and skills practice. Upon completion, participants receive a certificate for 15 accredited hours of ASIST training.



Canadian Mental  
Health Association  
Prince Edward Island

**ASIST Registration: February 18<sup>th</sup> and 19<sup>th</sup>, 2025**

Name (for Certificate): \_\_\_\_\_

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

Address: \_\_\_\_\_

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

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