

Navigating Substance Use and Suicide Risk During the Winter Holidays: A Psychoeducational Approach

December 4, 2025

10:00-11:30am MT

This psychoeducational session will explore the unique challenges that the winter holiday season can pose for individuals, families, and communities. Participants will learn about the connections between holiday stressors, substance use, and suicide risk, and will gain practical knowledge and strategies to support safety, recovery, and resilience during this time.

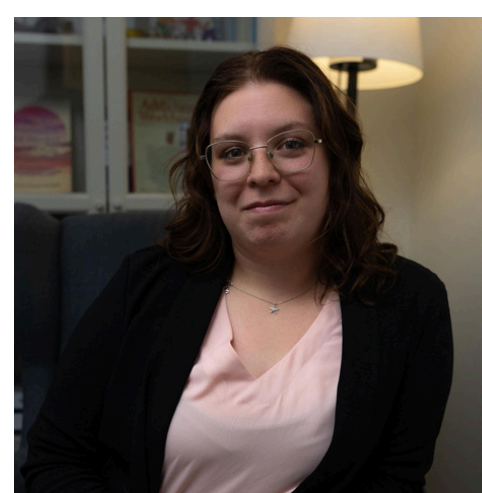


Learning Outcomes:

- Understand how seasonal and holiday-related stressors can increase vulnerability to substance use and suicide
- Identify common warning signs and risk factors associated with suicide and relapse
- Recognize protective factors, including cultural and community supports, that promote resilience
- Apply psychoeducational tools and strategies to support themselves and others during the holidays

Speakers:

Taylor Dusome, RP (Qualifying). Taylor is a Registered Psychologist (Qualifying) with Voice of Hope Counselling and maintains an office in Calgary for in-person or virtual sessions. Taylor works with children, youth, adults, and families, supporting concerns such as anxiety, depression, emotional regulation, addiction, and major life transitions. They are passionate about fostering safe, supportive spaces for healing and growth, with a culturally respectful approach when working with First Nations Communities.



Target Audience: First Nations community members, health centre staff, frontline workers, caregivers, and anyone seeking to better understand and support those affected by substance use or suicide risk

Please register for session at:
<https://fntn.ca/Home/Register-VC?eid=22502>

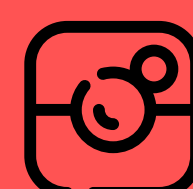
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