Navigating Suicidal Ideation: A Supportive Session for Families

June 27 2024
1:30-3:00pm MST

In this session, we will discuss experiences of suicidal ideation within First Nations families, offering insights into recognizing signs and risk factors, and explore proactive strategies for prevention while emphasizing the crucial role of support networks. Additionally, we will equip attendees with practical coping mechanisms and stress the importance of self-care in navigating these sensitive and challenging circumstances. Together, we will foster a space of understanding, resilience, and empowerment for those supporting loved ones facing suicidal ideation.

Learning Outcomes:

- Enhanced Awareness
- Proactive Strategies
- Support Network Expansion
- Self-Care

Speakers:

Alicia Hockett, Mental Health Counsellor (Masters in Counselling Psychology), Dóchas Psychological Services

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Target Audience: Those who are supporting a loved one experiencing suicidal ideations.

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21383

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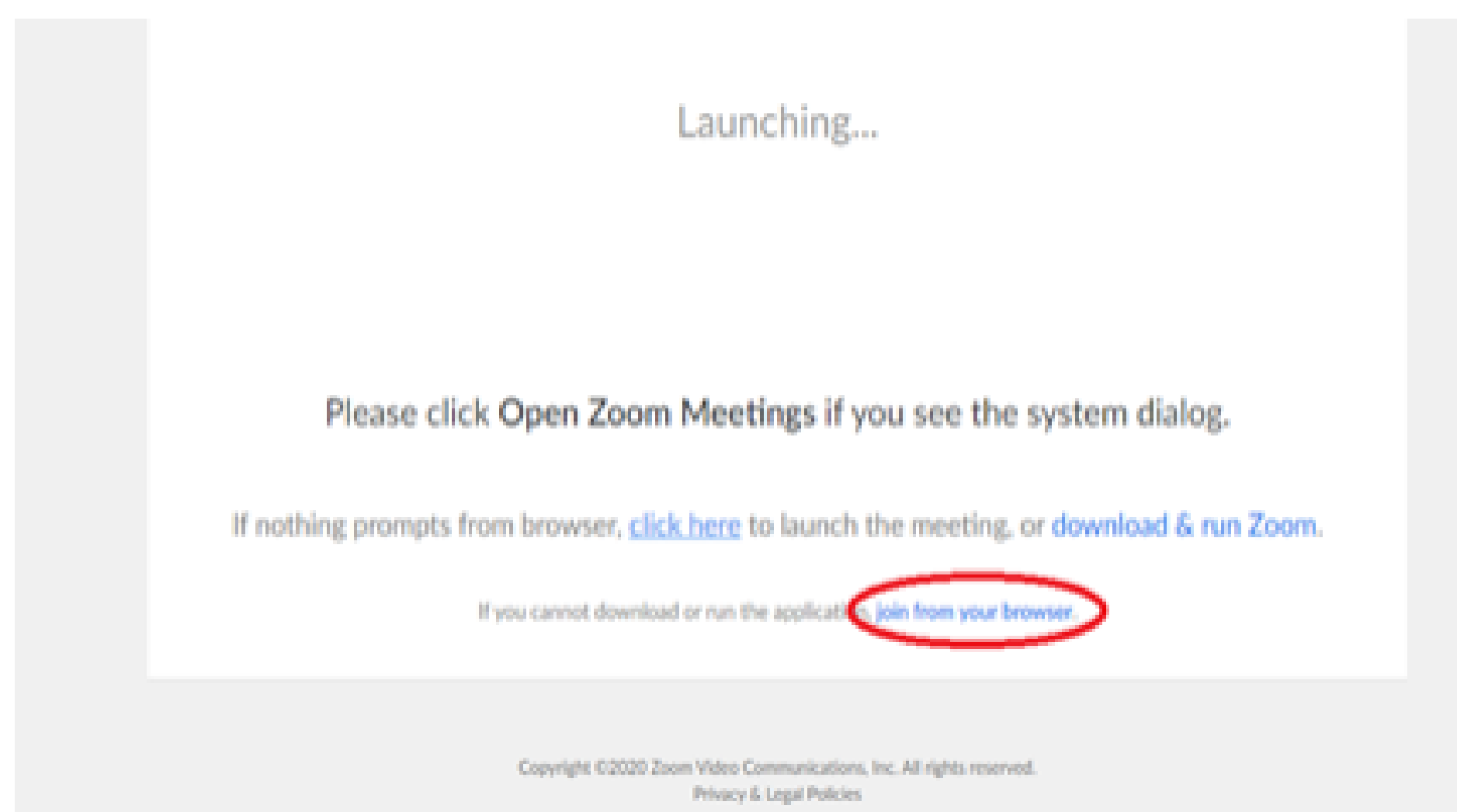VCHELP@FNTN.CA

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