

Navigating the Holidays: Suicide Prevention, Emotional Wellness and Finding Support

November 17, 2026

1:30-3:00pm MT

The holiday season can bring connection and celebration, but it can also intensify difficult emotions related to loneliness, grief, family or friendship, belonging, financial stress, changes in routine, past experiences, and increased anxiety or depression. Participants will learn practical ways to recognize when they or someone they love may be struggling and strategies for reaching out for support. The session will incorporate trauma-informed approaches while emphasizing connection, hope, and meaning.

*****Please note that this session will not be recorded or uploaded to our website.***



Learning Outcomes:

- Recognize common holiday stressors and their impact on emotional well-being
- Identify warning signs of suicide risk and when to seek additional support
- Learn about practical DBT-informed strategies to manage difficult emotions and distress
- Learn strategies to support yourself or someone else who may be experiencing difficult emotions

Speakers:

Meghan Hole, Registered Psychologist, Restore Psychology | Alberta

Alshaba Billawala Jouen, Registered Psychologist, Restore Psychology | Alberta

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Target Audience: Individuals who experience increased stress, anxiety, loneliness, grief, or difficult emotions during the holiday season; Support persons wanting to better recognize the signs that someone may be struggling; Anyone interested in learning more about suicide prevention for themselves and others

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=23170>

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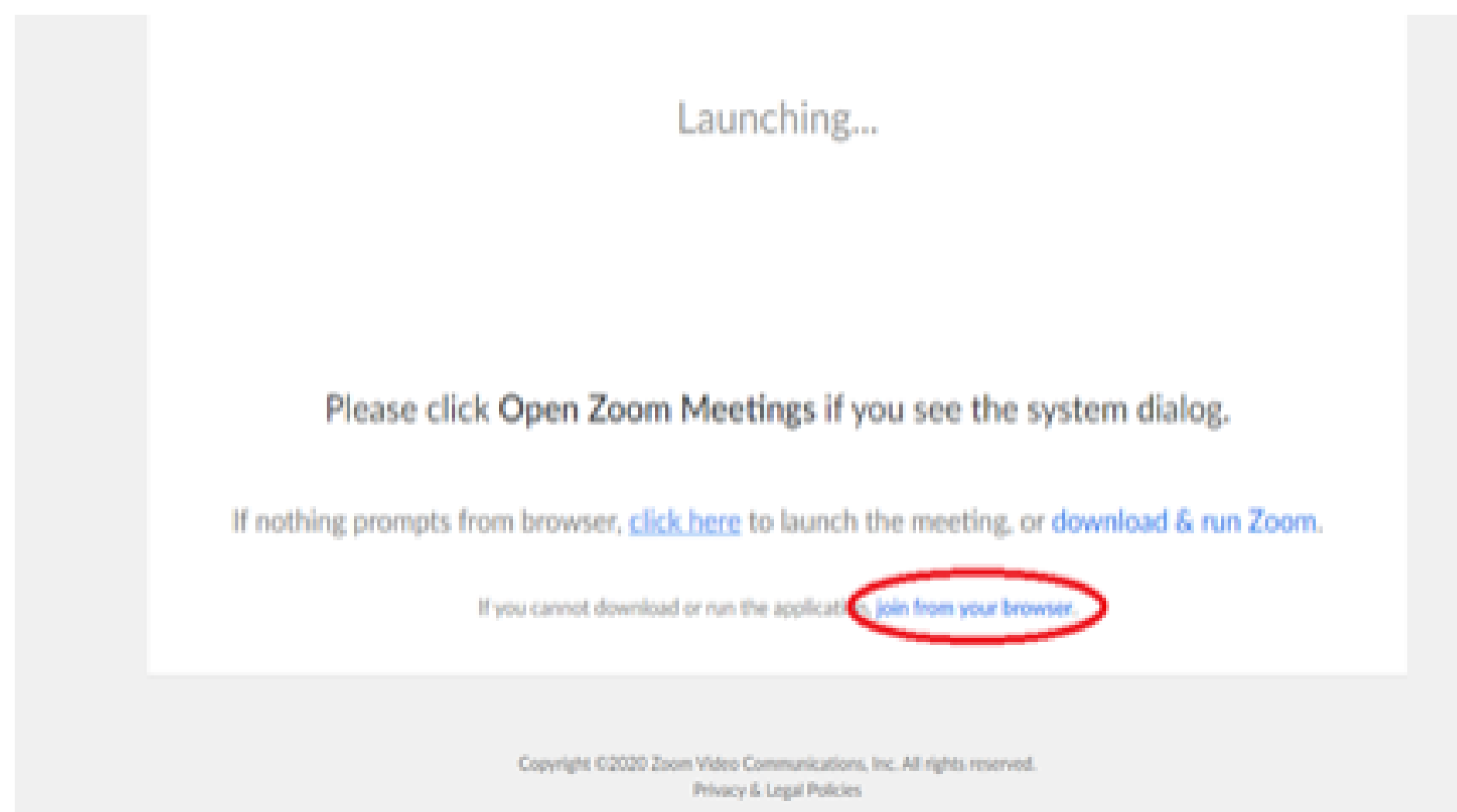
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