

From Just Surviving to Thriving!



REAL LIFE Tools for Suicide Prevention Six FREE Workshops

5:30-7:00 pm
Laramie County Library

February 23 - Suicide Prevention 101

Why would someone contemplate or complete suicide, while others don't give it a second thought? How do you know if someone is thinking about it? And what would you do if someone you care about was making a plan to complete suicide? Join Stop Suicide Cheyenne to learn about the signs and symptoms of suicide, learn what to do to help stop it, and find out about local resources. You CAN save a life. Keith Hotle, Suicide Prevention Team Leader with the Behavioral Health Division - WY Dept. of Health, Marty Luna, Laramie County Coroner, and James Ednie, Musician and Founder of Rock for Life Suicide Prevention. **Cottonwood Room.**

March 15 - Youth Issues

Times have changed! Bullies have always been around, but with today's technology they can cause more harm than a black eye in a school yard fight. Learn how texting and social media (such as Facebook, Twitter and MySpace) can be used to do harm - and find out what to do about it! Parents will walk away with tips to help their kids get through it all. Presented by Officer John Gay, Cheyenne PD and Dick Berry with Youth Alternatives. **Cottonwood Room.**

April 19 - A Community in Action

Most of us have been affected by suicide in some way - whether it was a loved one, friend, or an acquaintance of your child who died - and we all have an interest in stopping it. But how? A community that works together can accomplish exponentially more than an individual can, no matter how strong he or she may be. Learn what efforts are underway in Laramie County, make a plan for future action, and mobilize with others to make a difference! Emily Genoff, BS, MPA with Wyoming Behavioral Institute will facilitate. **Sunflower Room.**

May 17 - Resiliency Rocks!

There's no question, life can be challenging. But when every day issues are complicated with depression or other mental health issues, drug or alcohol abuse, or a combination of these, risk for suicide increases dramatically. But the good news is that resiliency skills can be learned at any age, and can make a huge difference for someone who is struggling to get through it all. Presented by Natalie Milligan, Staff Therapist with Peak Wellness Center and Glenn Garcia, Licensed Clinical Social Worker with F.E. Warren Airforce Base. **Sunflower Room.**

June 21 - Keeping It Safe

Sometimes the difference between an impulse and a completed suicide boils down to timing and a way to do it. By restricting access to guns, poisons, medications, and other lethal means in your home environment, you could very well buy some time to get help to your loved one in crisis and save a life. Officer Kent Davis, Cheyenne Police Department will present. **Sunflower Room.**

July 12 - Reaching Out

Our presenters will discuss their real-life experiences with loss, working with people touched by suicide, and reaching out for help - and will share helpful resources. Led by James Ednie, Musician and Founder of Rock for Life Suicide Prevention and BJ Ayers, Executive Director of Grace for 2 Brothers. **Sunflower Room.**

