



WORLD SUICIDE PREVENTION DAY

Monday, September 10th 2018

"Working together to prevent suicide"

Brant County

A Moment for Life – Mon. Sept. 10th 2018 / 4:00 PM / Six Nations Blue Track – 1738 4th Line, Ohsweken / Color Run, wellness activities, light refreshments and snacks / Contact: The Life Promotions Team (519) 445-2418

ASIST training – Sept. 18th & 19th 2018 / 9:00 AM – 5:00 PM / FREE / Woodview Mental Health and Autism Services, Brantford / contact: 519 - 758-8228

Meet Me at The Pole – Wed. Sept. 19th 2018 / 12:00 PM / City Hall OR Woodview / Meet at the flag pole to show your support in making Brant a suicide safer community / contact: sprecious@woodview.ca

safeTALK training – Fri. Oct. 19th 2018 / 9:00 AM / FREE / Woodview Mental Health and Autism Services, Brantford / contact: 519 - 758-8228

Haldimand – Norfolk

Igniting HOPE - Walk for Suicide Prevention – Mon. Sept. 10th 2018 / 5:00 PM / Simcoe, ON / pre-register for walk through: <https://haldimandnorfolk.snapd.com> walkers will receive a FREE t-shirt / poster contest entries on display, community resource info, speakers, candle lighting / contact: 1-877-909-4357 ext. 5

Suicide Prevention/Awareness Poster Contest – open July 23 – Aug. 31st 2018 to Haldimand-Norfolk residents / submit posters with registration form to any branch Norfolk Country Public Library / contact: 1-877-909-4357 ext. 5 for information

HOPE SURVIVES – Wed. Nov. 14th 2018 / 8:30 AM / guest speaker Dr. Jennifer Brasch and keynote speaker Kevin Hines / tickets available through: <https://haldimandnorfolk.snapd.com> / \$25 per person including lunch / contact: 1-877-909-4357 ext. 5 for information

Hamilton

72 HOURS 4 LIFE – Thurs. Sept 6th – Mon. Sept. 10th 2018 / A 4-day youth focused suicide prevention event led by Living Rock Ministries / contact: karen@livingrock.ca

safeTALK training - Mon. Sept. 10th 2018 / 9:30 AM / \$10.00 per person (Subsidized for WSP Day by the Canadian Mental Health Association) / pre-registration required / contact: amyers@cmhahamilton.ca

World Suicide Prevention Day Butterfly Release – Mon. Sept. 10th 2018 / 12:00 PM / St. Josephs West 5th Campus; Chapel Courtyard (A collaborative event with SJHH and the SPCCH) / contact: info@spcch.org

Running for Rachael – Sat. Sept. 29th 2018 / 9:00 AM / Pier 4; Bayfront Park / Community walk/run for suicide prevention (A collaborative event with the Suicide Prevention Community Council of Hamilton and the Runner's Den) / contact: info@spcch.org

Peace of Minds Walk – Sat. Sept. 29th 2018 / 10:30 AM / Bayfront Park / A fundraiser for the Schizophrenia Society of Ontario and to raise awareness for mental illness / contact: msue-ping@schizophrenia.on.ca

Guided Meditation – Mon. Sept. 10th 2018 / 1:00 – 2:30 PM / FREE for individuals who identify as female / Good Shepard Women's Services – 30 Pearl St. North / walking meditation followed by a discussion about grounding and coping / contact: Dianna at 905-523-8766 ex. 4239

Shine Orange – Mon. Sept. 10th 2018 / At 8:00 PM City Hall will be lit orange to remind those that are having thoughts of suicide that there is hope, to remember those who have lost to suicide and/or been impacted by suicide

GET INVOLVED! – Light a candle in darkness at 8:00 PM to represent everyone who has been impacted by suicide

Niagara Region

Suicide Awareness Walk – Mon. Sept. 10th 2018 / 6:30 PM / Market Square, St. Catherine's / FREE / Fundraising event for the Niagara Distress Centre / pre-registration required / contact: dcniagara@distresscentreniagara.com

SafeTALK training – Thurs. Sept. 6th 2018 / 6:00 PM / \$50.00 per person / 3550 Schmon Parkway – Suite 1, Thorold / pre-registration required / contact: dcniagara@distresscentreniagara.com