



WORLD SUICIDE PREVENTION DAY

Tuesday, September 10th 2019

"Working together to prevent suicide"

Brant County

Meet Me at The Pole – Wed. Sept. 18th 2019 / 12:00 PM / City Hall OR Woodview Mental Health and Autism Services / Meet at the flag pole to show your support in making Brant a suicide safer community / contact: sprecious@woodview.ca

ASIST training – Wed. Sept. 18th & Thurs. Sept. 19th 2019 / 9:00 AM – 5:00 PM / Subsidized cost: \$50.00 per person / Woodview Mental Health and Autism Services, Brantford / contact: 519 – 758 – 8228

safeTALK training – Fri. Oct. 18th 2019 / 9:00 AM – 12:00PM / Subsidized cost: \$10.00 per person / Woodview Mental Health and Autism Services, Brantford / contact: 519 – 758 – 8228

Moment 4 Life Colour Run 5k & 1k – Tues. Sept. 10th 2019 / 4:00PM – 8:00PM / FREE / Six Nations Parks and Recreation Blue Track / Free swag bags for all participants while supplies last / contact: The Life Promotions Team / 519-445-2809

Haldimand – Norfolk

Spark Your Mental Health – Tues. Sept. 10th 2019 / 1:00PM – 8:00PM / FREE / Wellington Park, Simcoe / Interactive activities, community resources, and presentations / An opportunity for our community begin a conversation on what is mental health, what contributes to mental health and the many and varied resources in our community that contribute to positive mental health and the benefits and impact of positive mental health / Drinks will be available for purchase / contact: CAMHS Wellness and Recovery Centre / 519-428-0580 x 5

Working Together to Prevent Suicide 3rd Annual Walk – Tues. Sept. 10th 2019 / 5:30PM / FREE / True Experience – 201 Forest St. E, Dunnville / Event begins with t-shirt pickup followed by a walk through town to Central Park / Free BBQ with music and speakers and candle lighting to follow in Central Park / Donations of personal care products greatly appreciated / contact: Sharon Arnold / sharon@trueexperience.ca or 905-774-6165

Hamilton

safeTALK training – Tues. Sept. 10th 2019 / 9:00 AM – 12:00 PM / \$10.00 per person (Subsidized for WSP Day by the Canadian Mental Health Association) / pre-registration required / contact: sorgera@cmhamilton.ca

World Suicide Prevention Day Butterfly Release – Tues. Sept. 10th 2019 / 11:00AM / St. Josephs West 5th Campus; Chapel Courtyard (A collaborative event with SJHH and the SPCCH) / contact: Tracy / info@spcch.org

Dear Yellow Sun – Tues. Sept. 10th 2019 / Doors open at 7:00PM / The Westdale Theatre / FREE / A play that promotes community understanding and awareness about suicide prevention (A collaborative event with SJHH and the SPCCH) / preregistration required / register at: dear_yellow_sun.eventbrite.com

Running for Rachael – Sun. Sept. 29th 2019 / 9:00 AM / CF Lime Ridge / 5k community walk or run for youth mental health and suicide prevention. (A collaborative event with Suicide Prevention Hamilton, Runner's Den, and CF Lime Ridge) / contact: Tracy / info@spcch.org or visit www.runningforrachael.com

Community Strategies to Support the Zero Suicide Initiative – Tues. Oct. 22nd 2019 / 8:00 AM – 5:00 PM / Carmen's Banquet Centre / Practical applications for preventing suicide in your community and improving collaboration with primary care, community care services and hospital transitions / contact: Tracy / info@spcch.org or visit www.spcch.org/zero-suicide-conference/

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 – Tues. Sept. 10th 2019 / 6:30 PM – 9:30PM / Market Square, St. Catherine's / FREE / Fundraising event for the Niagara Distress Centre / pre-registration required / register at <https://www.eventbrite.ca/e/distress-centre-niagara-14th-annual-suicide-awareness-walk-tickets-68549584653>

Other Events Nearby

Mysterious Barricades – Thurs. Sept. 5th – Sat. Sept. 14th, 2019 / Various locations / FREE / 15 live concerts coast to coast across Canada featuring the donation of time and talent from each of approximately 400 extraordinary musicians performed for the purpose of providing healing and connection to those who are affected by suicide. / Free ticket required for attendance / Find a city close to you and reserve your ticket at <https://www.mysteriousbarricades.org/>

BeSafe App & Website Launch – Tues. Sept. 10th, 2019 / 9:30AM – 12:00PM / Oakville Public Library, Woodside Branch / FREE / Recognize World Suicide Prevention Day with the launch of the Halton Suicide Prevention Coalition's new resources and BeSafe App & Website Launch / contact: marcus.logan@oakville.ca

safeTALK training – Tues. Sept. 10th, 2019 / 1:00PM – 4:00PM / Oakville Public Library, Woodside Branch / FREE / Limited registration / register at: <http://attend.opl.on.ca/event/3100054>