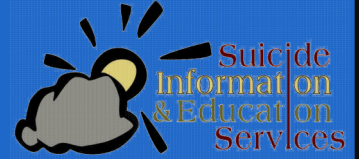




Educational Programs



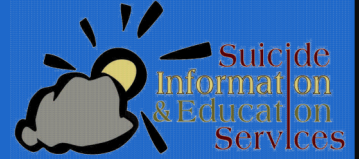
Suicide Information & Education Services is a non-profit organization dedicated to ensuring that Red Deer and the communities in Central Alberta have access to education, information and referral services related to suicide. We provide age-appropriate educational presentations for grades K-12, college students, and adult groups using a variety of mediums, including puppets, music, interaction, video and discussion.

GRADE	NEW PROGRAM
Kindergarten	“Full Esteem Ahead” puppet show – 45min
Grade 1	Interactive story and song exploring comfortable and uncomfortable feelings, trusted adults and coping strategies – 45min
Grade 2	Interactive story exploring tolerance, diversity and builds on self-esteem and what makes people special. Participants explore why they are special and discuss feelings and trusted adults. – 60min
Grade 3	Students build an activity booklet “All About Me”. They explore the things that make them special, how to build positive power, things they are proud of, their hopes and dreams, healthy friendships through interactive adult led discussion and art – 90min.
Grade 4	Stress Busters- discussion on positive and negative stress, causes, harms and focus on coping strategies and talking with trusted adults – 90min
Grade 5	Explore the topic of friendships, and the building blocks of healthy friendships through powerpoint discussion about feelings, expressing comfortable and uncomfortable feelings. Focus on loss, the grief cycle and trusted adults and how to communicate with them – 90min.
Grade 6	Bullying prevention through the use of powerpoint and interactive activities. Explore the bullying triangle, reasons why people bully and what to do if you are an aggressor, target or witness. Focus on reporting effectively to a trusted adult – 120min.
Grade 7	Stress: causes of stress, coping with stress, personal resiliency, focus on loss, the grief cycle and seeking help - 120min
Grade 8	Suicide Prevention – open exploration of the reasons, coping skills, self-harm, recognizing risk factors, talking to trusted adults and breaking down the stigma of mental illness and suicide. – 120 min
Grade 9	Healthy Dating Relationships – Exploring power, emotional, physical and sexual abuse, how to protect yourself and how to get help. Focuses on building self-esteem and positive communication skills – 160min
Grade 10 & 11 CALM	Modified “Choices” program. Includes videos, role playing, open conversation and interactions to explore the concepts of suicide, self harm, risk factors, resiliency, language and breaking down the stigma of mental illness and suicide - 160 min.
Grade 12	Stress and moving forward in their lives. Coping with change, where to go for help and building personal resiliency – 120min.

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 Red Deer, Alberta, T4N 7G3
 Phone: 403.342.4966
 Fax: 403.342.4154
 Email: office@suicidehelp.ca
www.suicidehelp.ca



Educational Programs



Adult Programs

Adult Education Programs are customized presentations geared towards professionals, adult and college groups, the industry and trade sectors, and school staff and parents.

Presentations may last 1-8 hours depending on your needs. Topics can include suicide awareness, depression, stress, self-harm, community action building, grief, bullying and any other aspects of suicide and mental health.

Community Helpers Program

A youth program with the intent to build a bridge between the informal and the formal support for youth in the community. Provides awareness and existing supports and services in the community while working with youth identified by their peers as supportive friends.

The Whole Employee

An employee-at-risk program designed to increase the bottom line with balanced employee health. We promote overall organization wellness and can assist with building a strategic action plan. Please contact us for detailed workshop information.

User Fees

Mileage:

All areas outside of Red Deer are subject to a travel fee of \$0.52/km.

Facilitator Fee:

There is no fee for the K-12 facilitator. The adult facilitators charge an hourly rate.

Honorariums:

Honorariums are always greatly appreciated. All monies go toward the continued delivery and improvement of our programs.

Photocopying:

Handouts will be the responsibility of the organizing party.

Booking a Presentation

If you are interested in booking a presentation please contact (403) 342-4966. School programs are booked by semester and spots fill very quickly. Most presentations are booked per class with maximum 30-40 students. All presentations can be modified to or customized to meet audience and time requirements. Please contact a Coordinator to address your specific needs.



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