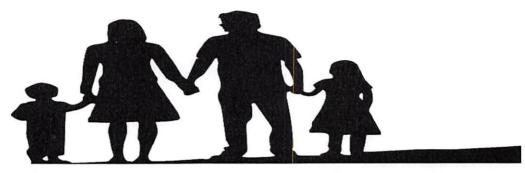
## Parents....Let's Talk About Suicide



Focus will be on reducing the stigma around suicide and encouraging open communication with those who are struggling.

Topics addressed will include: why people may choose to die by suicide, attention seeking behaviors. warning signs and how to help.

- ★ Every day in Alberta, more than one person will die as a result of a suicide
- ★ Approximately 500 Albertans die by suicide each year
- ★ Open discussion about youth suicide and differentiate between facts and fallacies.
- ★ We will look at brain health and the science behind boosting positive mental health.

Location: Ecole Queen Elizabeth School- Parent learning sessions

Date: Monday, February 5th

Time: 6:30 pm- 8:30 pm

Facilitator: Mary Dawn Eggleton- from the Suicide Information & Education Services