

**UNDER  
STAND  
MENTAL  
HEALTH**



**PUBLIC EDUCATION OPPORTUNITIES**

 **safeTALK Workshop**

**September 5, Tuesday - 6pm to 9pm**

**Tri-Lake Health – Killarney - Multi-purpose Room**

**September 7, Thursday - 5:30pm to 8:30pm**

**Elspeth Reid Family Resource Centre - Brandon**

**Supper provided**

**September 7, Thursday - 6pm to 9pm**

**Country Meadows PCH - Neepawa - Board Room**

**September 11, Monday - 5pm - 8:30pm**

**Dauphin Community Health Services - Boardroom**

**September 12, Tuesday – 6pm to 9pm**

**Deloraine Health Centre - Board Room**

**September 14, Thursday - 6pm to 9pm**

**Hamiota Health Centre - Board Room**

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**Workshop is FREE, registration is required:**

**Contact Kaila 204-578-2490 or [kderhak@pmh-mb.ca](mailto:kderhak@pmh-mb.ca)**

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**SafeTALK is a 3-hour workshop that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.**



**PRAIRIE MOUNTAIN HEALTH**