On average 132 Americans die by suicide every day

How can I Make a Difference?



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safeTALK



Thursday January 13th

8:30 am – 12:30 pm

**St. James Cathedral Pastoral Outreach Center, 907 Columbia Street**

Most people who express behaviors, feelings and thoughts of suicide don’t truly want to die, but are struggling with the pain in their lives. SafeTALK-trained helpers can recognize expressions of those seeking help and act by connecting them with life-saving resources.

Training is appropriate for anyone 15 and over.

$25 Registration Fee for materials \* Scholarships available

Register Early. Due to Covid restrictions, space is limited

Info / Registration: David Pina at [savinglives2005@gmail.com](mailto:savinglives2005@gmail.com)

Covid vaccinations required / Individually wrapped refreshments provided