On average 132 Americans die by suicide every day

How can I Make a Difference?

[This Photo](http://theripplesblog.blogspot.com/) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/)

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

 Covid vaccinations required / Individually wrapped refreshments provided