

WATERLOO REGION SUICIDE PREVENTION COUNCIL

Committed to the Reduction of Suicidal Behaviour and its impact on individuals, Families and Communities

December 2011



Contact Us
519-744-7645 ext. 310
www.wrspc.ca
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Thank You p.2

Recognizing the many partners in our community who support the work of the WRSPC

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A National Suicide Prevention Strategy is closer than ever to become a reality

Updates p.4

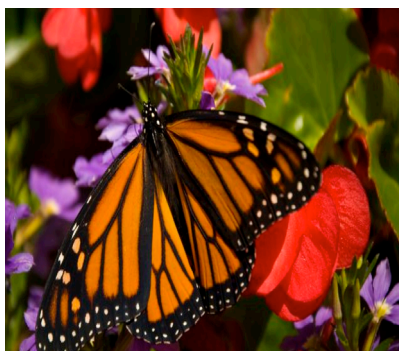
Keeping you informed of upcoming events and WRSPC updates

Keeping You "In The Loop" with the Council's Activities

September 10

World Suicide Prevention Day Service of Remembrance and Release of Butterflies

World Suicide Prevention Day was held this year in its most public place to date, in the Uptown Waterloo Town Square. An amazing drum circle though made the event feel intimate and energized the crowd. Thanks go out to the organizing committee, our speakers, the Lisa Brown Charitable Foundation, and our sponsors for making the day a success.



In the evening, "A Life to Live" was held in Elmira at the Trinity United Church featuring personal stories and healing through comedy, live music and a very moving candlelight ceremony. Thank you to Cathy Read-Wilson for organizing this event.



TABU Music Festival a great success!

On Friday September 16, 15 bands played for 12 hours in Uptown Waterloo Town Square to raise awareness and attention for suicide prevention. Wonderful stories were shared between bands, t-shirts and glow sticks were sold to raise funds, and many people shared their own personal stories with us. A big thanks to IRIS entertainment for putting the event together, Mariah's Mission, our many volunteers, Grand River Collegiate ACCT team for making our posters, the numerous sponsors and bands that donated their talent and their time.





The WRSPC Thanks You!

The Council extends thanks and gratitude to the many volunteers and organizations that contribute to the ongoing effort of suicide awareness and prevention.



Mariah's Mission

Mariah's Mission as it is called, "is to bring proper education about depression, suicide awareness and prevention".

Mariah's Mission was started by her mom, Jeanna to honor her daughter and to raise awareness and dialogue for suicide prevention. Mariah's Mission also has ribbons and car magnets for sale. To date, Mariah's Mission has raised over \$7000.

The 8th Annual Daniel Tudisco Memorial Golf Tournament

The 8th Annual Daniel Tudisco Memorial Golf Tournament was held this year at the Grand Valley Golf Course and once again had a large turnout.

In total, \$25,000 was raised for the Waterloo Region Suicide Prevention Council!

Thank you to our sponsors, Schindler Abroyd Communications and Scotiabank Saginaw Parkway, both who donated \$5000.

Thanks also go out to the many businesses that donated prizes; to the volunteers; and to all the participants that came out and played.

THANK YOU SO MUCH, TUDISCO FAMILY



Preston IODE & Kitchener-Waterloo Rotary Club

Thank you the Preston IODE & Kitchener Waterloo Rotary Club for funding to train KW secondary school students in the suicide awareness program, safeTALK.

The WRSPC appreciates generous contributions from the following organizations:

- Unity Centre
- Grand River
- Aviva
- Riepert Salt
- Golden Triangle Taxi
- The Carpet Store
- Mariah's Mission and all their supporters
- The Daniel Tudisco Memorial Golf Tournament and all their supporters
- The TABU Music Festival

NATIONAL SUICIDE PREVENTION STRATEGY ONE GIANT STEP CLOSER TO BECOMING REALITY

On October 4th the House of Commons overwhelmingly passed a non partisan motion in support of a national suicide prevention strategy. The actual motion is printed below.

September 29, 2011 – Mr. Rae (Toronto Centre)

That the House agree that suicide is more than a personal tragedy, but is also a serious public health issue and public policy priority; and, further, that the House urge the government to work cooperatively with the provinces, territories, representative organizations from First Nations, Inuit, and Métis people, and other stakeholders to establish and fund a National Suicide Prevention Strategy, which among other measures would promote a comprehensive and evidence-driven approach to deal with this terrible loss of life.

<http://www.suicideprevention.ca/>

Who Am I?

By Debbie Emery

Mom,	Let me ride with the wind,
Come see me fly.	Tall above the earth.
My wings unfold	Walking up slowly,
Up in the sky.	From my second birth.
Take me with the wind,	Floating from flower to flower,
Showing you	Hopping tree to tree.
My full potential,	With my many friends,
Out in the blue.	The birds and bees.
As the leaves turn autumn colors,	Flying my colors,
The breezes lift my wings.	Black and orange.
Allowing my friends and me	See me rise into the sky,
To soar and fly free.	Freedom to do as I please.
	I am a butterfly
	And I am free.

COMING EVENTS**Saturday April 28, 2012****3rd Annual Bowl-A-Thon**

Mark your calendar for Saturday April 28, 2012 for the 3rd annual Bowlathon. Teams of five will bowl to raise funds for the Waterloo Region Suicide Prevention Council. Over \$6000 in prizes last year for most money raised and best costume! There is room for 32 teams of adult bowlers from leading organizations and community members in this region participating at the event. Grab some friends or co-workers and come out for some fun.

August 9, 2012**The 9th Annual Daniel Tudisco Family Golf Tournament**

Great golf, fun games, food, prizes and a silent auction.

Mark your calendar:**Thursday, August 9, 2012.**

Register early, so you are not disappointed.

DTMgolftourney@hotmail.com

**T-Shirts for Sale!
Only \$10**

To purchase 'Life Matters' T-shirts
Contact Tana Nash
Send a note on
Facebook or email
tana2@execulink.com

**COMING EVENTS****January 26, 2012****'Get Grounded' Benefit Concert**

A four-band benefit concert will be held at the Twilight Bar in Kitchener with all proceeds going to the Skills for Safer Living Groups (supporting individuals who are struggling with suicide). Visit www.getgrounded.ca or www.self-help-alliance.ca for more information.

Tickets are \$20 in advance and available at www.MapleMusic.ca.

February 17, 2012**'Love Cakes'**

WRSPC volunteer Laura Barker and her team extraordinaire will again be making and selling cupcakes at FreshCo—located at the corner of Westmount and Ottawa. Support these wonderful bakers, FreshCo grocery store.

Treat yourself and your family to some delicious cupcakes.

Technology Corner

New Youth and Older Adult
Why Suicide Cards now available
Visit www.wrspc.ca to view

You can now donate on line
at www.wrspc.ca

Join us on Facebook!
Go to www.wrspc.ca to link, or
www.Facebook.com/suicidepreventioncouncil

Follow us on Twitter!
@WRSPC

Staying Connected in the Holiday Season

The holidays can be a very difficult time for many individuals and families, especially those who struggle with the impact of suicide. Here are a few suggestions from the Canadian Association of Suicide Prevention to keep in mind.

Consider your family's holiday traditions, and if you want to continue them or create new ones. Remember that different family members may feel differently. Try to talk openly about expectations.

Take time alone when you need to, but don't cut yourself off from those who care about you. Remember, sometimes anticipation of events is more difficult than the event itself.

If you find it helpful to talk about your loved one or your own struggles, let people know that you would like to have time for this. A ritual can be a healing way to express feelings.

Resources in our community:

Distress Line for supportive listening
519-745-1166 (24/7)

Crisis Services for crisis intervention
519-744-1813 (24/7)
1-866-366-4566 (toll free)

Self-Help Alliance
K-W: 519-570-4595
Cambridge: 519-623-6024

CMHA Centre for Mental Health
KW: 519-744-7645
Cambridge: 519-740-7782

Support groups for individuals who are bereaved by suicide.

Registration required for these closed groups. No fee. Spaces are limited.

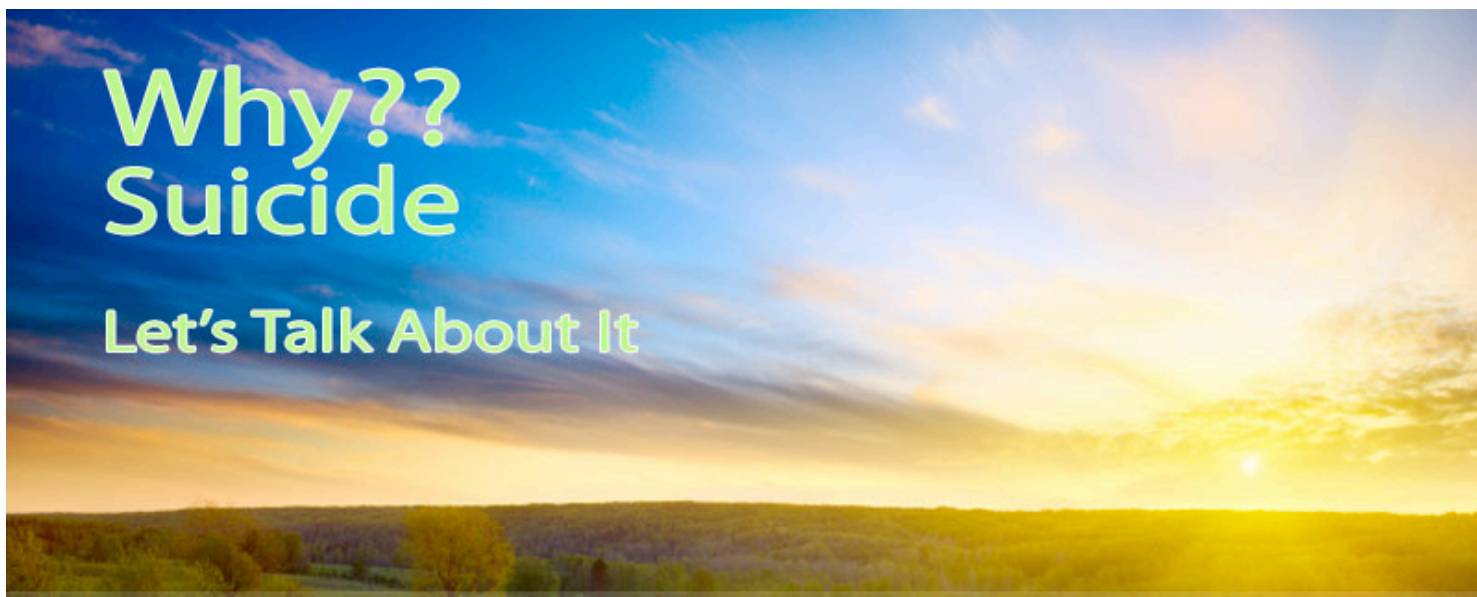
The Coping Centre – Blair.

Scheduled to begin in March.

For registration call: 519-650-0852.

People Needing People - Waterloo
Feb. 21 to April 17

For registration call: 519-745-2195



Work Toward our Canadian National Strategy for Suicide Prevention

You can help by signing the on-line e-petition for a national strategy, developed by the Canadian Association for Suicide Prevention (CASP). CASP members have been lobbying for a long time for a national strategy to be implemented. They believe the Canadian government must acknowledge that the rates of

suicide in this country are too high. If you also believe that issues surrounding suicides in this country need to be addressed, tell the government they must take action by signing the e-petition at <http://nspscnd.epetitions.net>

Suicide Information & Awareness is Important – You Are Not Alone

www.wrspsc.ca

