

***Committed to the Reduction of
Suicidal Behaviour and its
Impact on Individuals, Families
and Communities***

Waterloo Region Suicide Prevention Council



Waterloo Region
Suicide Prevention Council
www.wrspc.ca

**NEWSLETTER
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A Message from WRSPC's Executive Director

By: Elisa Brewer-Singh, WRSPC Executive Director

What an incredible year and a half it has been as we continue to weave together the journey of the WRSPC within the community by focusing on our mission of reducing suicidal behavior and its impact on individuals, family and communities. I am pleased to highlight how our work continues to grow and transition below, and recognize it would not be possible without the continued support that we receive within this community. As I think about the journey of weaving together, I am reminded of my eldest son. He has always been inquisitive, wanting to know in-depth how things work, and now at the age of almost 6 will spend hours talking about process, development and interactions. Recently I was fixing a broken button on a shirt and it led to a discussion about making clothing. As we explored different information, I came across the following: "Weaving is the critical process that turns a raw material such as cotton and its yarn into a fabric that can be made into useful products such as clothing, etc. Without weaving, all there is are strands of yarn by themselves." What a powerful illustration of the importance of joining together and the beauty that is found in building a collective tapestry. When you add in many colours and different textures the result has unlimited potential. The above process can also reflect the idea of growth and transition as we think about how our collective journeys have built what the WRSPC has become today.

Since stepping into the role as the Executive Director in January of 2018, the Council has seen many transitions including among our staff team as we welcomed new Program Coordinator Amanda, welcomed baby Lily as our Administrative Project Coordinator Jenna transitioned into her maternity leave, and welcomed Chantalle who would help support the Council within the Administrative Project Coordinator role during Jenna's leave. We also saw many transitions throughout our work in the

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community including the 15th and final Daniel Tudisco Memorial Golf Tournament this past summer.

We have also seen incredible growth including the addition of 2 new community skates in Cambridge and Kitchener and the continued success of 3rd party events in raising awareness and funding for WRSPC including KW Legacy's Top Home Chef Gala and the Westmount Oktoberfest Pro-Am Golf Tournament to name a few. If you have not had an opportunity to join us at one of our many events, I would encourage you to join in and experience for yourself the power of community.

It truly is an incredible tapestry that we have woven together and though it is not complete, we see glimmers of hope amidst the pain and are stronger collectively. As we look forward on our journey, we are thankful for the many years that Waterloo Region has been a leader when it comes to the work of hope, help and healing and are excited to continue moving forward. Together, we can make a difference!

WRSPC Hosts 4 Free Skates

By: Chantalle Turgott, WRSPC Administrative Project Coordinator

This winter, WRSPC proudly hosted 4 free community skates in Cambridge, Elmira, Kitchener and Ayr. Over 750 community members joined us in building a connected and caring community. Each skate included free hot chocolate for those who attended as well as the opportunity to take some of the free resources that the Waterloo Region Suicide Prevention Council offers. People of all ages enjoyed meeting and skating with members of the Cambridge Redhawks and the Elmira Sugar Kings at a couple of these skates; another great example of our supportive community.

Aside from getting some great physical activity time in with friends and family, participants were greeted with several large posters sharing positive messages around the rink. Our hope is that each and every participant recognized they are an important part of the community, that they are cared for and that it is ok to reach out about their struggles.

We are grateful to the three community fundraisers that made these skates possible and for the committee members who joined us at the events. WRSPC would also like to thank Lutherwood for co-sponsoring the Elmira skate with us again this year. Thank you to the community for your continued support of hope, help and healing in Waterloo Region.



Grant Recipients – Fiscal 2018-2019

By: Amanda Demmer, WRSPC Program Coordinator

At the end of each fiscal year, the WRSPC assesses how they can assist other community partners and organizations in strengthening their suicide prevention efforts through the provision of community grants. Last fiscal, we received nine applications from community organizations and were able to fund a total six of these. These grants were all for either safeTALK suicide alertness training or for ASIST Applied Suicide Intervention Skills Training for the different organizations, building our community's capacity for suicide prevention.

We have received highly positive feedback from organizations who benefited from training through this grant process. A staff member from Marillac Place (a 24/7 housing support that provides a safe home for women between the ages of sixteen to twenty-five who are pregnant, or who have a child in their care, or who are attempting to regain care of their child) provided the following feedback about their ASIST training: "One week after taking the training I was able to recognize

invitations that I may have previously missed and ensured the appropriate support and engagement. This training had developed my skills and therefore has enhanced the service I am able to provide to the clients I am serving. Thank you so much!"

Two of the organizations we provided safeTALK training for offered their thanks and appreciation for our support in helping them develop their capacity for suicide prevention.

"I am sure this training will have a lasting impact on the participants and give them the ability to respond with confidence when faced with a difficult conversation" – Marie-Jose van der Zande of Community Justice Initiatives, who received training for volunteers of their Sidewalk Talk program (a community wellness initiative that sees trained volunteers set up listening stations in public locations)

"Thank you also for the generous grant that allowed us to offer the safeTALK training to our community here at Elevation and beyond. The impact is far-reaching and we are incredibly thankful" - Melissa Burke of Elevation Church, a local church that hosted two SafeTALK trainings for their congregation and the larger Waterloo Region community with a grant from us. We are grateful to all of our community funders who have allowed us to have this impact in our community.

Grants for SafeTALK Trainings

By: Rev. Matthew Isert Bender, MSW/RSW

SafeTALK trainer, SAWW member, Clinical Director at ICC

The members of SAWW (Suicide Awareness Wilmot Wellesley) are deeply committed to wellness in our local rural community and are appreciative for our partnership with the Waterloo Region Suicide Prevention Council including their physical presence on our SAWW planning team, support of different activities, and the recent grant we received to support our efforts to offer safeTALK training in our community.

Over the past 10 months 27 individuals have been trained in safeTALK, including staff from Hidden Acres Mennonite Camp, the Wilmot Pool staff, and the local Wilmot Youth Action Council. We are thankful for the opportunity to provide suicide alertness training in our community and it is very encouraging to be a part of a ground swell of local commitment, especially among our youth. Every time training is offered the stigma around suicide is reduced and our capacity as a community to be suicide alert increases. This gives me much hope for the future.

Two additional safeTALK trainings are planned for this coming May and June with clergy from the local inter-denominational ministerial and the Catholic Women's League at a local parish. Suicide can impact us all, no matter our age, sex, faith, profession, education etc., and thus it is all our responsibility to become suicide alert. Together may we all continue to be dedicated to helping individuals and our region become safer from suicide.

4th Annual Jacob Ranton Memorial Basketball Tournament

By: Doug and Sandra Ranton, WRSPC Supporters

This year's edition of the Jacob Ranton Memorial Basketball Tournament was held on December 14th and 15th and once again was an amazing event. This year we were blessed to have Clint Malarchuk join us to share his story with players, students and the general public. His open and honest account

of his perseverance through struggles with mental health was well received. At halftime of the opening game Doug, Sandra and Trevor Ranton were joined by K-W Titans coach, Cavell Johnson and WRSPC's Executive Director, Elisa Brewer-Singh. The speakers had the opportunity to address a full gym of students, athletes, teachers and members of our community on the importance of asking for help and taking care of our mental health, developing our resiliency skills and most importantly, caring for each other. This year's silent auction was even bigger and better than last year. Our volunteers were able to mingle, dialogue, open up and share stories about each other's journeys through challenges. The conversations about our own mental health help people realize they are not alone and there are people and resources to help them take care of their total well-being.



The Ranton family and the WRSPC would like to thank members of our community who made monetary donations, provided silent auction items, purchased items and came out to show their support. Also, a huge thank you to all of the volunteers who helped make this event such a powerful weekend. Together, we were able to raise close to \$48,000 in support of the WRSPC. A portion of the proceeds from this year's tournament allowed the WRSPC to host 100 guests at a KW Titans game. The evening allowed those impacted by suicide and mental health to come together in a positive environment and realize they are not alone. Remember, it is OK to not be OK! Your Life Matters!

Annual Bowl-a-Thon Celebrates 10th Year Running

By: Amanda Demmer, WRSPC Program Coordinator

The milestone 10th annual Bowl-a-Thon took place this year on Saturday, April 13th. We're amazed looking back at where the council was when the Bowl-a-Thon first began as a way to raise the funds to support one part-time staff. Now, ten years later, we have three full-time staff, and the Bowl-a-Thon is just as essential to us as a way to ensure we're able to continue our work in Hope, Help, and Healing.

This year we welcomed 23 teams for our event including a few teams who have been with us since year one, many returning teams from previous years, and some new teams we were happy to have at our event. Although this is a fundraiser for the WRSPC, it is also about providing a space for the community to collectively come together. What we love about this day is it shows that while the work can be heavy, we're also able to come together in a positive way and have fun.

Bridges of Hope co-creators Olivia & Gretta were the ambassadors this year, and spoke to attendees about how they

have also brought people together in a positive way centered on building hope within in our community.

In total, an astounding \$26,305 was raised for the WRSPC which will go towards our work in Hope, Help and Healing.

Our sincerest of thank-you's to the bowlers, volunteers and council members who took part in the day, as well as the generous sponsors of the event who donated prizes, and the staff at Frederick Lanes who worked hard to ensure our event was a success.

We enjoyed another fun-filled day with all of you, and hope you'll continue to support the Council and our work in the future.



2nd Annual Top Home Chef Gala - From Three Perspectives

A Legacy Group Member's Perspective

By: Sean Doherty, Top Home Chefs Co-Chair and KW Legacy Board Member and Founder

Overwhelming.

That is the most common sentiment expressed by the 14 planning committee members after the Legacy Top Home Chef gala on April 27th, that for the second year in a row has raised \$45,000 for WRSPC. This event showcases dishes prepared by 50 home chefs for over 400 gala attendees, who along with celebrity judges, sample and judge the food. Awards for best appetizer, soup/salad, main, and desserts were given out, including prized champion jackets. Live and silent auction items were up for grabs, keynote speakers deliver inspiring messages, and the evening ended with a live band and dance.

A month after the event the planning committee gathered to celebrate over a meal prepared by ChefD, and the buzz in the room was more alive than ever. First, let me give you some numbers to give you a feel for the scale of this event:

- 14 members of planning committee (and dozens more volunteers!)
- 10 planning meetings starting in November
- 50 volunteer home chefs
- 416 seated guests
- 4 celebrity judges
- 27 corporate sponsors (over \$30,000 revenue)
- 31 individual table sponsors (over \$21,000 revenue)
- 42 auction items donated (over \$17,000 in revenue)

Having lots of hands-on-deck in the planning committee is the real key. They each take the lead on items such as

sponsorship, venue planning, entertainment, chef recruitment, IT, auction, communications, judging, finance, and front/back of house management. I asked them what the “highlight” of the night was, and was surprised to hear that it wasn’t the obvious things – not the award-winning food, the live band or the auction items - but rather the emotional highlights. They reported either being “touched” at a deep level by the heartfelt and humbling message delivered by our keynote speaker, or delighted to see the intimate “connections” people were making whilst eating, mingling and dancing the night away.



Keynote speaker, Kitchener-Waterloo Titans Head Coach, Cavell Johnson, silenced the room not because he regaled us with stories, but because of his openness in sharing his feelings and struggles in such a large forum on a topic as sensitive as suicide. I have to admit, when he started his talk with the disclaimer that “I don’t prepare my speeches or read notes, and prefer to just speak from the heart”, I was both excited but also a bit anxious about what might follow. But he delivered, hands down, the most thought-provoking message about dealing with suicide, admirably admitting that even he has “put away in boxes” things he is still struggling with. His message of looking for opportunities to truly listening to others without judgement or offering advice hit home. I was so touched that immediately after his talk I walked up to three of my closest friends for long hugs and exchange of sentiments inspired by Cavell’s message. I walked away wanting to live up to this example and be a better advocate for mental health in my community. I have since discovered that I was not alone in this reaction.

What followed seemed almost surreal – just as I felt inspired to confront my dear friends, so too did everyone else. The highlight for many other planning committee members was watching in awe as old and new friends made connections, laughs and cries were shared, stories exchanged, and new experiences had. For instance, one committee members said to me “I saw your Mom dancing and whopping it up with Scottie!”, something he never expected to see.

Of course, this is all music to the ears of KWLegacy(.ca) members reaffirming our motto of “Good friend, greater deeds” and our mission to use our network to benefit those in need and leave a lasting legacy in our community. You could certainly see first-hand how our network came together, lasting connections were made, and all in support of WRSPC, a local initiative we feel passionate about.

A Chef’s Perspective

By: Ryan Schubert, Deputy Chief, Waterloo Fire Rescue & WRSPC council member

I must say that my experience with being a first-time chef at the Legacy “Top Home Chef Event” was nothing short of amazing.

From the orientation night, to the support from the organizing committee, in addition to how the “Top Home Chefs” were treated in advance of the formal portion of the evening, it all added up to an incredible experience all around.

The organizing committee hosted an orientation night which provided new and veteran “Top Home Chefs” with valuable information. We received great advice surrounding the selection of dishes, safe food handling practices, and information about where our contributions were going to – mental health. Mike Denomme’s inspirational words reminded all “Top Home Chefs” that the proceeds would be donated to the Waterloo Region Suicide Prevention Council which would continue to fund the amazing work and advocacy for mental health in the community.

Upon arriving at St. George’s hall, the chefs dropped off their dishes in the banquet hall kitchen leaving their hot or cold dishes in the many hands of volunteers. The chefs were then treated to dinner and the opportunity to discuss their dishes with the celebrity judges and fellow competitors.

The formal portion of the event began with the chefs being ushered into the dining room to an applauding crowd. You could feel the energy in the room as chefs then only had a few minutes to make any final preparations. At this point, the hungry dining crowd was released, with some taking a strategic approach of eating desert first, while others lined up at their favorite appetizer or entrée. While some chefs quickly ran out of their small portions, others continued to serve seconds to those desiring another round.

Without a doubt, this was an amazing experience and one which was only made possible by the dedicated volunteers, organizing committee, and celebrity chefs. I already look forward to next year and the award winning dish, however, I remind myself that this is really about focusing on the true winner, the Waterloo Region Suicide Prevention Council and their ongoing positive impact on mental health programming and support throughout the community.



A Guest’s Perspective

By: Rob Martin, WRSPC council member

I had the pleasure of attending the Top Home Chef Gala at St. George Banquet Hall in Waterloo in April. The gala was created by KW Legacy to raise funds for the Waterloo Region Suicide Prevention Council and sponsored by many organizations and businesses in the Region. Chef D, Dana Shortt, Nick Benninger, and Chef Scotty attended as celebrity judges. Once the tasting and judging came to an end we were entertained by a live band, Romeo Sex Fighters. All in all it was an evening I don’t want to miss, and I plan attend again next year.

The doors opened at 5pm and we had an opportunity to view the many silent auction items. After a few guest speakers,

sampling of the 50 chef's amazing creations began at 6pm. The food was very good. Scratch that, the food was the best. We visited chefs around the room accepting small samples they had created for the event. Sampling the food was great, however I enjoyed chatting with the chefs as well; everyone was friendly and welcoming.

The judging was completed and each winning chef received a jacket as their prize. Then it was time for the live auction. Awesome items were auctioned off to those attending and all funds went to the Waterloo Region Suicide Prevention Council. Bidding was especially strong for the celebrity chef dinners for 8 that were available. Thank you to the chefs who donated these dinners for the live auction.

The event was a lot of fun, and it's inspiring to see our community come together to have fun and raise awareness about suicide. The guest speaker was Cavell Johnson, the head coach of our very own Titans basketball team. If you haven't already attended a game at the auditorium, put it on your to-do list. Live basketball is a lot of fun, and cheering for a home team makes it very exciting as well. Cavell talked about his personal family experience with suicide. His story was inspiring and demonstrated the impact suicide has on family, friends and communities. Thank you for sharing with us, Cavell.

Go to www.kwlegacy.ca for more information about this amazing organization, and for details about the Top Home Chef gala next year. This group is making a difference in our Region, thank you to all the members for their time and dedication.

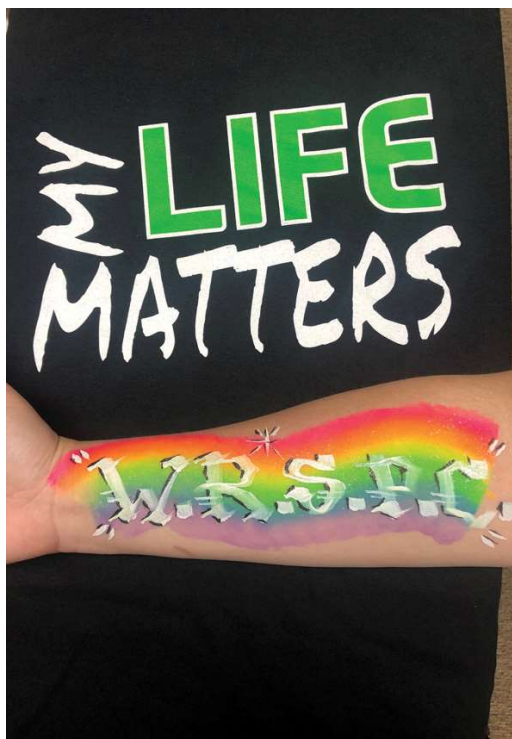
physical activity on mental health by leading the group in a fun "wally-ball" match, while Lutherwood Intensive Family Support Worker, Emily Taylor helped students to stop and experience the moment with a mindful walk. In the afternoon, students had the opportunity to rotate through four stations; drumming with Music Therapist, Brian McBay, Therapeutic Arts and Crafts with WRSPC's own Chantalle Turgott and Amanda Demmer, Body painting with Makin' Faces Face Painting and had the chance to get up close and personal while learning about wild creatures with Hands on Exotics.

My Life Matter's Day is always a hit at Ben Road and this year was no exception. It is inspiring to see a group of more than 40 youth and staff all dressed in their My Life Matters shirts moving together through the activities and having a lot of fun along the way. This is a great day to see many of our students enjoying themselves and putting aside (if even for a moment) the normal challenges and stresses of a school day and building skills that will help them get through not just this school year, but (we hope) many years to come.



8th Annual My Life Matters Day

By: Emily Cullen, Teacher at Lutherwood's school program



On a rainy morning in May, Lutherwood's Benjamin Road school program celebrated its 8th annual My Life Matter's Day. Born from the collaboration between the WRSPC, Lutherwood, and the WRDSB this annual event encourages our students to see the value in their own lives while having unique, positive experiences. Not only does this event provide an

overwhelmingly positive experience for students, it supports them in continuing to build coping skills to deal with life's hard moments.

Students were able to hear Lutherwood CEO, John Colangeli and former WRSPC Executive Director, Tana Nash speak about how their own life experiences have taught them strength and resiliency. WRDSB Teachers Matt Widmeyer and Chris Matthison reminded the group of the important impact of

5th Annual I am Passion... In Fashion Event

By: Adrienne Luft, WRSPC Council Member

What does fashion and fun have to do with suicide prevention? The owner of Unique Boutique, Gosia Jorgiel knows the answer to this. At this year's 5th Annual "I am Passion in Fashion" show, Gosia bravely shared how her own uniqueness initially felt alienating, which lead to thoughts of suicide. Fortunately, her story has a happy ending and she found her voice through fashion and creativity and by honouring the voice inside that told her to "follow her heart".



On May 8th, 350 women came together to enjoy an evening of fun and fashion with a very special message. We are all beautiful and our beauty is manifested not by our outward appearance but following what our heart tells us. And, when following our hearts, it never hurts to dress the part. Gosia is an expert at helping women do just that, regardless of differing shapes and statures.

And it was fun. So much fun! Lots of laughs, hugs, and connection happened as we were introduced to some of the seasons latest fashions.

Thank you Gosia for creating a fun and inspiring evening that supports the work of WRSPC. While our mandate is different than that of Unique Boutique, we certainly have more than one common thread. The most important being a shared passion to nurture and inspire others to know unequivocally that their uniqueness is what makes them beautiful and that their lives matters.

Junior Ball Stars Tournament

By: Kat Katsambrokos, CYW

The 'Junior Ball-Stars' Elementary Basketball League was established in 2017 to provide youth in grades 4-6 with an opportunity to participate on a sports team when they might not otherwise have similar opportunities as their peers. Since its inaugural year, the league has moved towards inclusivity and building social, emotional, cognitive, and physical capacity within all our youth, regardless of socioeconomic backgrounds.

The key focus of the league is wellness. We aim to grow healthy minds and bodies to combat future ideations and direction of potential mental illness, criminal involvement, and suicide.

All participating schools collectively meet at Laurier Athletic Complex gymnasium for a grand tournament. The event is hosted by the Laurier Golden Hawks Men's Basketball Team. This year's tournament included 22 schools, approximately 650 athletes between grades 4-6. The tournament ran on Saturday, May 4th and Sunday, May 5th.



To make this event feasible for our youth, we rely on community support and sponsors. Our key sponsor was Laurier Sun Life Financial Centre for Physically Active Communities (CPAC). Additional strong support from Laurier Men's Basketball team, Laurier Kinesiology class (KP 344), Waterloo Regional Police School Resource Officers and Auxiliary, Kitchener Sports Association, Price Chiropractic and Fitness, Bendt Kitchen and Millwork Inc, KW Titans, 91.5 The Beat, Star Performance, and Tim Horton's (384 King St. N). Each athlete was provided a string bag kindly donated by our police and included swag items from our community social service organizations (Front Door, CMHA, Big Brother, Big Sister).

Junior Ball-Stars believes in supporting and giving back to our community! This year's league proudly provided 532 meals for the Food Bank (tournament entrance) and purchased 62 'My Life Matters' custom T-shirts for coaches to sport during the

tournament, emphasizing the importance of LIFE. An additional \$275 was raised for WRSPC from the purchase of 'My Life Matters' T-shirts during the tournament. Our ultimate goal is to support WRSPC in community awareness! We want to focus on prevention, begin uncomfortable conversations, and help individuals and families access the resources and assistance to get the support and care that they need.

An Evening With Kim Barthel

By: Kim Hewitt, WRSPC council member



During mental health week, May 6-10, 2019 our community collaborated to bring internationally renowned speaker, Kim Barthel to Waterloo Region. Waterloo Region Suicide Prevention Council, Canadian Mental Health Association Waterloo Wellington, and KidsAbility consciously came together to acknowledge that mental health is in every environment and important to all of us. Kim Barthel is trained as an occupational therapist who has woven her professional journey through mastering sensory processing, neurodevelopmental treatment, addressing mental health through understanding trauma, attachment and neurobiology. Underpinning all of her work is the inherent value of relationship in healing. Throughout the week there were a variety of workshops shaped for clinicians and the community at large. On Thursday, May 9, 2019 WRSPC hosted an "Evening with Kim Barthel: The Science of Compassion" which invited all community members to participate. The evening boasted 90 attendees for the hour and a half to delve into gaining a better understanding of the neurobiology behind compassion. Akin to many WRSPC events, the evening with Kim Barthel afforded an opportunity for introspection, collaboration with community, and identification of hopeful ways forward. Kim shared narratives of aligning with people who were struggling immensely; people who were basically written off by their community. Kim shared the skill and value of "putting your mind in the mind of the other" in order to create a secure environment which then leads to facilitate the opportunity for self-reflection. This was clearly depicted in a documentary titled "Tashi and the Monk" which Kim shared a portion of (and is fully available on youtube). Within this film the teacher supports the child to be safe and secure before addressing behaviours that did not contribute to the well-being of the community. Through safety, the child is able to reflect and learn. This was striking as it offers a guide for healing in many contexts. Questions we might ask ourselves as a community; how do we create safe spaces for community members to grow within? Where might we do this better? A major take away was the notion that it is never too late from a neurobiology perspective to alter the way forward. We can change all the way through our lives. We do the best with what

we have and then when we have more, such as the learning at this workshop, our baseline knowledge is higher and we can do even better.

If interested to learn more about Kim Barthel and her work, please check out www.kimbarthel.ca

WRSPC Volunteer Appreciation Night

By: Amanda Demmer, WRSPC Program Coordinator

On the evening of May 13th, the WRSPC staff and Council members had the pleasure of hosting our Volunteer Appreciation Event at Rhapsody Barrel Bar downtown Kitchener. As a small (but mighty!) staff team of three, the council members and volunteers of the council play an essential role in the work of the council reducing suicide and its impact within our community. Our volunteers support us by being present within the community at information booths, world suicide prevention day activities, speaking events, fundraisers, memorial tournaments, bereavement groups and so much more! We are so thankful for each and every volunteer and the over 2,600 volunteer hours they dedicated in our 2018-2019 fiscal year to the work of hope, help and healing in our community. To all of our volunteers, our sincere and heartfelt thanks!



Skills for Safer Living Groups; Partnerships Work!

By: Dwight Syms, CMHA WW and Kathy Payette, Lutherwood

A collaboration between Lutherwood and the Canadian Mental Health Association Waterloo Wellington is helping families dealing with the threat of teen suicide in our community. An innovative program which provides suicide prevention groups to teens and their families is in its' third year of operation. "It has been a strong collaboration with Lutherwood and has helped teens and their families deal the challenging situations." says Dwight Syms, Manager of the Adult and Intensive Services at CMHA WW.

The Skills for Safer Living (SFSL) group program was initially piloted in Waterloo Wellington seven years ago. It was developed as a community based suicide prevention/intervention program for people who experience thoughts of suicide or who engage in suicidal behaviors. The goal was to teach skills and provide tools to reduce the frequency, intensity and duration of suicide-related behaviors. The program was originally developed for adults; however it has been adapted for all ages.

The SFSL program creates space to discuss the feelings and thoughts related to suicide without discussing means and methods. The idea is to 'interrupt the cycle' of unsafe behaviors through the application of tools and skills learned in the program.

"For the youth who come to Lutherwood for help, the Skills for Safer Living Initiative allows guardians to successfully work with, and support their teen through a very difficult time in their lives." says Kathy Payette, Director of Mental Health Services with Lutherwood.

The program is built on a body of evidence comprising 20 years of research and evaluation by Dr. Yvonne Bergmans at St. Michael's Hospital in Toronto. The group content includes various topics such as keeping safe, emotional literacy, problem solving, and relationship management.

"The program would not be in our community without the leadership and support of the Waterloo Region Suicide Prevention Council. They were instrumental bringing the program to our community." says Syms.

For more information on Skills for Safer Living, individuals and families can call (519) 570-4595 extension 4063.

Upcoming Events

911 Waterloo Region Emergency Services Slo Pitch Tournament
 Mitchell Snider Memorial Golf Tournament
 Reach Out Awareness and Support Event
 Galt Country Club Golf Tournament
 Strummerfest
 Martyn Johann Memorial Golf Tournament
 World Suicide Prevention Day

June 26
 July 6
 July 13
 July 22
 August 2 & 3
 August 9
 September 10

Thank You

- Jacob Ranton Memorial Basketball Tournament
- KW Legacy Group- Top Home Chef Gala and Men's Mental Health Initiative partners
- Lutherwood for co-sponsoring a Free Public Skate in Elmira and co-sponsoring the Annual My Life Matter's Day Reach Out Awareness and Support event, Coopy's Classic Golf Tournament and Mitchell Snider Memorial Golf Tournament for Sponsoring Free public skates and the Cambridge Red Hawks and Elmira Sugar Kings for attending.
- Unique Boutique for the I am Passion... for Fashion Event
- Bowl-a-thon sponsors and participants
- CMHA WW and KidsAbility for co-hosting the Kim Barthel events
- The May Court Club of Kitchener Waterloo
- Preston Chapter IODE
- Women of the Moose
- Enterprise Holdings Foundation
- KW Titans Basketball and LiUNA Local 837
- Cambridge Rivulettes and the K-W Rangers
- Silver Star Society
- Westmount Oktoberfest Charity Pro-Am
- Each and every donor, volunteer and advocate for suicide prevention/life promotion

