



Bow Valley Family Resource Network

Alberta Provincial Family
Resource Networks

Talking About Suicide *(for parents and caregivers of children and youth ages 0-18)*

Educating ourselves is the first step in being able to support children and youth with the concept of suicide. This workshop is presented by a speaker from the Centre for Suicide Prevention and aims to empower parents and caregivers to communicate effectively with young people about suicide.

At the end of this workshop participants will be able to:

- Understand common myths and facts about suicide
- Recognize warning signs that children and youth might exhibit
- Utilize a 4-step model for talking about suicide with a young person
- Access available resources for caregivers and parents

Program Date: January 24 from 6:30 - 8:30 p.m.

Location: Zoom

Register [here](#)

Body Image, Sport, and Teen Girls *(for girls ages 10-15)*

The Body Image, Sport, and Teen Girls presentation is led by a Ph.D. candidate from the University of Calgary and is designed for females aged 10-15 who are involved in sport at any level. Participants will learn what body image is and the impact it has on self-esteem. They will examine how external factors can shape one's view of themselves, learn warning signs, safety tips, and develop coping skills as they relate to body image in a sport, and a larger societal context.

Program date: Friday, January 28 from 5 - 6:30 p.m.

Location: Room 115, Canmore Recreation Centre, 1900 8 Ave, Canmore

Register [here](#)

Suicide Awareness and Prevention *(for parents and caregivers of teenagers ages 13-18)*

Suicide is a challenging topic to explore, especially with a teenager. Whether you are interested in learning more, or preparing to speak with your teenager about suicide, the Suicide Awareness and Prevention workshop will provide caregivers with information to enhance their understanding.

Led by an Education Specialist from the Canadian Mental Health Association this workshop will explore:

- Facts and myths about suicide
- Current statistics
- Warning signs and risk factors in youth
- Protective factors and resiliency building
- Engaging youth in the initial conversation
- Community resources and support

Program Date: February 2 from 6:30 - 8:30 p.m.

Location: Family Connection Centre, 600 A 9 St. Canmore

Register [here](#)