



# Learn the skills. Help save a life.

**Suicide is preventable. Anyone can make a difference.**

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

## Suicide ASIST Workshop

- **Date:** Saturday, Jan. 10 & Sunday, Jan. 11, 2026
- **Location:** Bannatyne Campus
- **Cost:** Free, thanks to a generous donor!
- **Hosted by:** Student Services Bannatyne Campus
- **Inquiries/Registration:** eden.friesen@umanitoba.ca (subject line: ASIST)

**REGISTER BY FRIDAY, DEC.12 @ 12 PM**

ASIST works. Learn more and see the evidence at [www.livingworks.net/asist](http://www.livingworks.net/asist)

