



**FRIDAY, SEPTEMBER 27**  
**12:00 - 2:30PM**

\$10 at the door for lunch and training

Registration at 12PM.

The program starts promptly at 12:30PM.

**Location:** Aurora Santa Rosa Hospital  
1287 Fulton Road  
Santa Rosa, CA 95401

If you are interested in attending this workshop, contact Jane Rogan at (707) 548-3573 or [jane.rogan@aurorabehavioral.com](mailto:jane.rogan@aurorabehavioral.com) for a seat reservation.

## SUICIDE PREVENTION: HOW TO CREATE A SAFE COMMUNITY FOR THOSE IN DISTRESS

- Understand how our attitudes and beliefs inform our perspective of suicide
- Identify key protective and risk factors and the role they play in suicide prevention
- Recognize suicidal behavior/feelings through warning signs
- Discuss the importance of valuing help seeking over stigma
- Communicate effectively with someone in distress or feeling suicidal, keep them safe, and refer for help
- Identify specific strategies to engage in suicide prevention in your community

### ABOUT LUNCH & LEARN

Come join us at Aurora Santa Rosa Hospital every month for a new Lunch & Learn workshop. Eat lunch, socialize and learn more about important topics presented by experienced, practicing professionals. At the conclusion of each workshop, we will give tours of our facility for those who are interested.



### PRESENTED BY:

**Kara Connors, MPH**  
Outreach and Education Coordinator  
for Buckelew Program's suicide  
prevention initiative