



COMMUNITY TRAINING

The Sources of Strength community night (one hour) is designed to introduce Sources of Strength and hope, help, strength messaging to the greater community. The training will cover the core philosophy behind upstream and strength-based prevention, social network theory, safe messaging strategies, and protective factors. After this training, community members will have increased skill as trusted adults for students (the number one protective factor for preventing suicide and many other risk factors) and create strategies to integrate strength-focused content into faith-based communities, organizations, and businesses. The training will provide an understanding of **key risk factors and warning signs of suicide and where to connect for help**. Through high energy games, conversations, storytelling, and experiential learning, community members will be able to internalize Sources of Strength and learn to tap into those strengths throughout their lives, including when supporting others.

**Provided by Centennial Mental Health Center's Prevention Team.
November 4th, 2019 6-7 pm Holyoke High School**