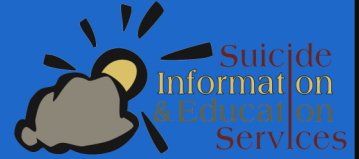




Educational Programs



Suicide Information and Education Services is pleased to offer 2 streams of programming. The first is a K-12 core curriculum which must be booked before the expanded programming topics are available. See below descriptions for both.

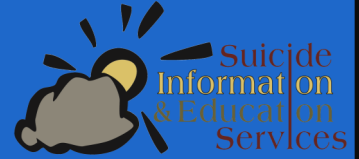
GRADE	CORE CURRICULUM TOPIC	DESCRIPTION	TIME
Kinder	How I Feel?	Guided exploration of comfortable and uncomfortable feelings with a focus on seeking help from trusted adults.	30-45min
Grade 1	How I Act?	Activities addressing emotional regulation and building healthy coping skills for uncomfortable feelings.	45min
Grade 2	Can I Help?	Exploration into empathy building, appropriate responses and effective help seeking behavior.	1hr
Grade 3	Who Am I?	Students explore their strengths, talents and assets while building self-esteem.	1hr
Grade 4	What Now?	Discussion and activities around decision making, appropriate choices and taking responsibility.	1hr
Grade 5	How I Act Online?	Participants explore social media, online behaviors, potential benefits and long term consequences.	1hr
Grade 6	How Do I Treat You?	Bullying Prevention focusing in bullying triangle, reasons, consequences of bullying, what to do and reporting.	2hr
Grade 7	How Do I Cope?	Focus on the science behind stress and building effective coping mechanisms.	1hr
Grade 8	Self-Harm	Conversation around self-harm behavior, risk factors, positive coping skills and help seeking behaviors.	1hr
Grade 9	Mental Health Literacy	Exploration of mental health vs mental illness and building personal resilience .	1hr
CALM	Depression Awareness	Focus on breaking down the stigma around depression, signs and symptoms and what help is available.	80min
Grade 12	The Stress of Tests	Addressing effective study habits, causes of test anxiety and building de-stressing skills.	1hr
Any Grade 6 to Grade 12	Suicide Awareness	Open discussion of protective and risk factors of suicidal behavior, recognizing warning signs and seeking help.	2hr (min)

Once core curriculum is completed, expanded curriculum will be customized to each grade level and requested time allowances. Topics can include but are not limited to:

- StressBusters
- Online Safety
- Healthy Friendships
- Diversity and Inclusion
- Mindfulness
- Whole Health Choices
- How To Help a Friend
- Grief and Loss
- Test Taking Skills
- Self-Harm
- Bullying Prevention
- Mental Health Literacy
- Concussion Awareness
- Anxiety & Depression
- Healthy Dating Relationships
- Brain Health



Educational Programs



School Based Programs

Suicide Information & Education Services is a non-profit organization dedicated to ensuring that Red Deer and the communities in Central Alberta have access to education, information and referral services related to suicide. We provide age-appropriate educational presentations for grades K-12, college students, and adult groups using a variety of mediums, including stories, music, interaction, art, video and discussion.

Community Helpers Program

A youth program with the intent to build a bridge between the informal and the formal support for youth in the community. Provides awareness and existing supports and services in the community while working with youth identified by their peers as supportive friends.

The Whole Employee Program

An employee-at-risk program designed to increase the bottom line with balanced employee health. We promote overall organization wellness and can assist with building a strategic action plan. Please contact us for detailed workshop information.

Adult Programs

Adult Education Programs are customized presentations geared towards professionals, adult and college groups, the industry and trade sectors, and school staff and parents.

Presentations may last 1-8 hours depending on your needs. Topics can include suicide awareness, depression, stress, self-harm, community action building, grief, bullying and any other aspects of suicide and brain (mental) health.

User Fees

Mileage:

All areas outside of Red Deer are subject to a travel fee of \$0.52/km.

Facilitator Fee:

There is no fee for the K-12 facilitator. The adult facilitators charge an hourly rate.

Honorariums:

Honorariums are always greatly appreciated. All monies go toward the continued delivery and improvement of our programs.

Photocopying:

Handouts will be the responsibility of the organizing party.

Booking a Presentation

If you are interested in booking a presentation please contact (403) 342-4966. School programs are booked by semester and spots fill very quickly. Most presentations are booked per class with maximum 30-40 students. All presentations can be modified to or customized to meet audience and time requirements. Please contact a Coordinator to address your specific needs.



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Email: office@suicidehelp.ca
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