



Suicide affects us all

Any one of us, or someone we love, can be vulnerable in a time of personal crisis and may consider suicide as an option. Every day, The Support Network receives distress calls from people facing serious risk or immediate threat to their physical, mental and emotional well-being.

In the field of suicide prevention, it is becoming increasingly clear that it takes more than a single approach to save lives from suicide. A full range of supports is imperative to someone when life becomes a risky business. It can involve us all.

Do you know someone at risk for suicide? Call the Distress Line. We can guide you through warning signs, and how to open the conversation about suicide with that person. Call our Caregiver Support Program if you are caring for someone who has attempted suicide.

Do you work with clients who may be at risk? Take a workshop from our Suicide Prevention Program and learn about risk factors, risk

assessments, intervention techniques and resources.

Do you know someone who has had a loss to suicide? Our Suicide Bereavement Program can support individuals or families coping with the loss.

Do you want information about community services to help someone? 482-INFO can give you access to a database of community information to help family, friends or clients.

Do you know someone who would benefit from immediate access to counselling? Our Walk-In Counselling Program is a no fee, no appointment service.

Do you know youth who want to connect with the community? Have them check out www.youthone.com.

Do you want to make a difference? We all can help by being a donor or volunteering in a community organization.

The Support Network programs include:

HELP Lines

- Distress Line
482-HELP(4357)
- Community Service Referral Line
482-INFO(4636)

CONTACT THE FOLLOWING PROGRAMS AT 482-0198:

Publications

- *Directory of Community Services*
- *Self-Help & Support Group Directory*
- *Tough Times Handbook*

Suicide Bereavement Program

Suicide Prevention Program

Volunteer Program

Walk-In Counselling

youthone.com

10th

Are you a friend of The Support Network?

Then help us celebrate our 10th Anniversary and share in our successes!

Ten years have passed since Community Connections and the Personal Development Center merged, and we have developed a whole new look and feel to the organization. It now has a wider reach to provide people with information, crisis intervention and support...from youth to seniors. We are accessible by phone, fax, mail, and through the internet. Our donors and volunteers know more about us now than ever before.

Annual General Meeting Luncheon

April 16, 2003
11:30 am - 1:30 pm
Royal Glenora Club
11160 River Valley Road
Cost: \$18

*Help us celebrate our past, and take a glance into the future.
Call reception at 482-0198 to attend*

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10th

Accredited by the
American Association
of Suicidology



Good Grief

Lifting the Silence Suicide Affects Us All



**Suicide Awareness Week
March 9 - 15, 2003**

The second annual **March in March** was held March 14th at noon. This walk to the Legislative Grounds raises awareness and decreases the stigma associated with suicide. A short ceremony at the Eternal Flame and a balloon release symbolize the "Lifting of the Silence," and honor lives lost to suicide. A reception followed at The Support Network.

This march was initiated, organized, and realized by clients. We would like to thank them and all who participated.

If you would like more information or would like to be involved in next year's march, call Theresa at 482-0198.

Special Event

Eleventh Annual Theresea Comrie Champagne Luncheon

Friday, May 9th, 2003
11:30 Reception ❖ 12:15 Lunch

The Fairmont Hotel Macdonald
❖ Empire Ballroom ❖

Tickets: \$85.00
To reserve a ticket or a table of 10,
call Laurie at 482-0198

Committee Members

Lisa Sadd ❖ Anne Agnew ❖ Terena Delaney ❖ Marie Foster ❖ Wilda Hay ❖ Lorinda Muloine ❖ Rose Naqvi-Parasynchuk ❖ Tina Naqvi-Rota ❖ Brea Nickerson ❖ Gailene Shearer ❖ Susan Schwann ❖ Vivien Wulff

Life's most persistent and urgent question is: what are you doing for others?

Martin Luther King Jr.

If you, your family or friends have experienced a loss to suicide, we at The Support Network invite you to talk about your loss with us. We may be able to help you come to terms with your feelings, either through supportive conversations, participation in our Bereavement Group or through referrals to other helping agencies in the community.

Please call 482-0198.

What a client has to say:

I was reluctant to come to this Suicide Bereavement Group; I thought it might be just a 'pity party'. But I did not find pity waiting for me; instead I found strength, courage, and support.

A bond was forged around our group, steered by a common denominator: suicide. Our facilitators guided us through this uniquely tragic experience of grief with grace and skill. In their eyes I saw a wider perspective, reflecting hope and perhaps joy to come.

This experience sustains me; it holds me up when life becomes difficult. I consider myself blessed to have found this group.

K.S., Suicide Bereavement client

Learning Opportunities

Introduction to Suicide Prevention

This one-day introductory seminar is for anyone working in the helping professions.

The aim is to increase the understanding and knowledge of suicide for those in a helping relationship with people who might be at risk for suicide. Some factors that put people at risk include experiencing significant losses, facing multiple stressors, isolation, and having few resources. Content addresses attitudes, warning signs, risk assessment, intervention techniques, and resources.

Suicide Intervention Refresher Training

This one-day seminar is for those who already have a certificate for Suicide Intervention Training of 8 hours duration or longer.

Registrants must bring in or fax us a copy of their certificate before the training date. If unable to provide a certificate, please register in one of our regular 8-hour intervention workshops.

Choose from these dates

Thursday, March 27, 2003 - Introduction
Wednesday, April 16, 2003 - Introduction
Friday, April 25, 2003 - Refresher
Thursday, May 15, 2003 - Introduction
Friday, June 13, 2003 - Introduction

8:30 am - 4:30 pm
#301 - 11456 Jasper Avenue
Cost: \$20 per person

Call 482-0198 for further information or to register with Visa or MasterCard, or register online at www.thesupportnetwork.com

Distress Line Volunteer Training

Edmonton's only 24 Hour Distress Line answers about 1,800 calls each month from people in need. We need *your* help to ensure those calls are answered.

We offer volunteers:

- excellent training in communication skills, crisis and suicide intervention
- an opportunity to meet others with similar volunteer interests
- a rewarding and satisfying experience

The next training sessions start:

May 21, 2003
September 11, 2003
October 29, 2003

Call Janice at 482-0198 or visit us online at www.thesupportnetwork.com under Volunteer Program for more information and/or a volunteer application.

Information and Referral Network Meetings

Information forums are held the third Wednesday of the month from 9:00 am to 11:00 am at The Support Network.

Each month, guest organizations present information about their programs and services on a selected topic. Here is an opportunity to learn about other organizations, network with peers, and gain more information for your clients. Share your service brochures and promotional materials with others at a resource table.

March 19: Seniors' Services

April 16: Services for Persons with Disabilities

May 21: Low Cost Leisure Summer Activities

June 18: Multicultural Services

Check out our website or call our office to find out about the next meeting.

Other Events

Hash House Harriers

Red Dress Run

April 26, 2003
12:00 noon

\$40.00 to register for run/walk
Includes t-shirt, dinner, dance, silent & live auctions and a barrel of fun!

Contact Laurie at 482-0198 for more information or to participate.
www.edmontonhasher.com

*proceeds to The Support Network's
Distress Line*

15th Anniversary of Vitalize

Provincial Volunteer Conference
June 12 - 14, 2003

The Shaw Conference Centre will be hosting this unique conference with national and international speakers on volunteerism and activities in the voluntary sector.

Contact Ms. Leah Paton at the Wild Rose Foundation or toll free at 310-0000 and ask for (780) 422-2247 or at leah.paton@gov.ab.ca

Volunteer Voice

Cathy's dream comes true



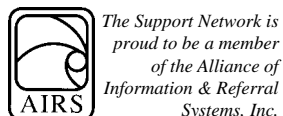
Cathy Traff, right, receives the Kathleen Huber Award for her moving and inspirational presentations about *The Support Network*. Presenting the award are Dwayne Kalynchuk, Chair, Board of Directors, United Way of Alberta Capital Region, and Maureen Huber, mother of Kathleen Huber.

Cathy Traff had a dream to tell the community her story and how *The Support Network* was able to make a difference for her. She hoped that what she had to say would make a difference and inspire others to support their community. In February of this year, Cathy received the Kathleen Huber Outstanding Speaker Award.

The Kathleen Huber Outstanding Speaker Award was established to honour volunteers who demonstrate their commitment to bettering our community through United Way's Speakers' Bureau. The award is named after a vibrant woman who selflessly gave of her time. Kathleen told audiences how a United Way Member Agency, the Canadian National Institute for the Blind, came to her and helped her revive her love for life while dealing with life threatening health problems contracted during a trip to Korea. Kathleen made over 100 United Way presentations as a United Way Speaker. Family, friends and this community lost Kathleen Huber at the young age of 31.

In memory and honour of Kathleen Huber, this award recognizes speakers who deliver outstanding United Way presentations and influence donor support to the community and United Way.

Congratulations, Cathy, and thank you for letting us help your dream come true.



The Support Network is proud to be a member of the Alliance of Information & Referral Systems, Inc.



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The Support Network is a member of



Youth One

Youth One Celebrates 2nd Anniversary

On March 1, 2003, Youth One volunteers and supporters came out to celebrate its second anniversary at a celebration entitled RSVP - Reach Out, Speak Out, Veg Out, Party! The anniversary was held at West Edmonton Mall's HMV Stage and it was the perfect day not only to celebrate past accomplishments, but also to launch new Youth One endeavors.

Youth One took the opportunity to thank its dedicated volunteers with a birthday cake and to acknowledge the successes the program has experienced in the last two years - the ongoing success of the website (youthone.com), the publishing of *MOZ* youth magazine, and the increasing volunteer crew. The day also marked the launch of a new program called **YouthSPEAK!**, which aims to bring discussion forums and debates to classrooms and campuses. And last but not least, Youth One volunteers proudly debuted the new *MOZ* sweaters they have designed as part of the new clothing venture.

The day was complete with incredible performances by local bands, sumo wrestling for adventurous souls, and a great volunteer fair that had numerous agencies present to inform the public of volunteering opportunities. Thanks to Youth One's energetic volunteer team, the day was a success. It is Youth One's amazing group of volunteers that has made the program shine and will continue to do so as we look towards the future!



**Youth
Speak!**

A new Youth One initiative, **YouthSPEAK!**, has a vision to create a community of confident and empowered youth through open dialogue, education and proactive participation. **YouthSPEAK!** will achieve its goals through three distinct components: Discussion Forums, a Speaker's Bureau, and at the YouthOne website with online message boards and chats.

YouthSPEAK! provides the opportunity to take one step beyond dialogue, to action, by providing help, resources and support to get youth involved, connected and active on the issue, developing proactive citizenry and fostering youth activism.