

Suicide & Self Harm

Facilitator(s):	Melissa Prins
Date:	November 30, 2022
Time:	4:00 pm – 6:00 pm
Cost:	\$25.00
Location:	Virtual
Type:	Webinar
Session Code:	23-NC-011-CARC

Target Audience

Teachers, Educational Assistants, Parents, Caregivers

About this Learning Opportunity

This course will guide adults to support children, adolescents, students, or any other youth in their lives around suicide and self-harm. Learn about common risk factors, signs of suicide, the difference between suicide and self-harm, what to do if a youth expresses suicidal ideation, and resources in the community.

About the Facilitator(s)

Melissa Prins

I obtained my Master of Science in Marital and Family Therapy from Loma Linda University in 2008. I have been a Registered Psychologist since 2014. I have worked with a wide range of clients and presenting concerns throughout my career. I am passionate about working with couples and families, as well as adolescents. I also enjoy facilitating group therapy. My interests and experience are in the areas of trauma, parent-child attachment, grief and loss, and mental health concerns such as depression and anxiety. I use a trauma focused, narrative approach in my work. I am honored to be able to sit with my clients in their pain, witness their stories, and work collaboratively to support them to find a sense of hope, safety, and integration. I believe a therapeutic relationship based on acceptance, genuineness, safety, and collaboration can support people on their healing journey. In my spare time I enjoy running, traveling, reading, and spending time with family and friends.

This learning opportunity is being subsidized through funding from Alberta Education.