

# SUICIDE PREVENTION TRAINING SERIES

*A series of three suicide prevention trainings provided to the community by the Placer County Office of Education (PCOE). Each workshop offers unique skills for supporting suicide awareness and connecting with resources, catering to all skill levels. For beginners, the recommended starting point is "Be Sensitive, Be Brave."*

PCOE  
GOLD IN EDUCATION



## BE SENSITIVE, BE BRAVE

*INTRODUCTORY WORKSHOP  
TO SUICIDE PREVENTION*

2-hour interactive workshop offering foundational knowledge on suicide and suicide awareness, suitable for beginners. It can be held in-person or virtually via Zoom.

## SAFETALK

*SUICIDE ALERTNESS FOR  
EVERYONE*

4-hour in-person training on suicide alertness equips participants to identify individuals at risk of suicide and connect them to resources. The training includes learning and practicing suicide first-aid intervention skills.

## ASIST

*APPLIED SUICIDE INTERVENTION  
SKILLS TRAINING*

2-day in-person training focused on preventing suicide, featuring interactive workshops where participants share personal experiences and engage in intensive role play scenarios.



### EARN CONTINUING EDUCATION CREDITS!

PCOE is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for these courses. PCOE maintains responsibility for these courses and their content. See individual flyers for more information.

*The Placer County Office of Education and Placer County Health and Human Services have partnered to improve mental health outcomes for individuals and families. This initiative features training sessions delivered by a collaborative team, partially funded by the County of Placer Mental Health Services Act.*

**QUESTIONS: Stephanie Kaiser | [skaiser@placercoe.org](mailto:skaiser@placercoe.org)**

**BE SENSITIVE, BE BRAVE | 2-hour training | No cost**

DATE	LOCATION	LINK TO REGISTER
September 18, 2025 10 AM - 12 PM	ZOOM	<a href="https://tinyurl.com/BSBBSEPT25">https://tinyurl.com/BSBBSEPT25</a>
February 10, 2026 2 - 4 PM	ZOOM	<a href="https://tinyurl.com/BSBBFEB26">https://tinyurl.com/BSBBFEB26</a>
May 13, 2026 2 - 4 PM	ZOOM	<a href="https://tinyurl.com/BSBBMAY26">https://tinyurl.com/BSBBMAY26</a>

**SAFETALK | 4-hour training | \$10 due at registration**

DATE	LOCATION	LINK TO REGISTER
September 8, 2025 12 - 4 PM	PCOE Seavey Center 655 Menlo Dr, Rocklin	<a href="https://tinyurl.com/PCOEST925">https://tinyurl.com/PCOEST925</a>
November 3, 2025 12 - 4 PM	PCOE Seavey Center, 655 Menlo Drive, Rocklin	<a href="https://tinyurl.com/PCOESTNov25">https://tinyurl.com/PCOESTNov25</a>
February 17, 2026 9 AM - 1 PM	PCOE Seavey Center, 655 Menlo Drive, Rocklin	<a href="https://tinyurl.com/PCOEST226">https://tinyurl.com/PCOEST226</a>
April 28, 2026 9 AM - 1 PM	PCOE Seavey Center, 655 Menlo Drive, Rocklin	<a href="https://tinyurl.com/PCOEST426">https://tinyurl.com/PCOEST426</a>
June 25, 2026 10 AM - 2 PM	PCOE Seavey Center, 655 Menlo Drive, Rocklin	<a href="https://tinyurl.com/PCOEST626">https://tinyurl.com/PCOEST626</a>

**ASIST | 2-day training | \$25 due at registration**

DATE	LOCATION	LINK TO REGISTER
July 21-22, 2025	PCOE Seavey Center	<a href="https://tinyurl.com/ASISTJul25">https://tinyurl.com/ASISTJul25</a>
October 2-3, 2025	PCOE Headquarters - Room A 1400 W. Stanford Ranch Rd., Rocklin	<a href="https://tinyurl.com/ASIST1025">https://tinyurl.com/ASIST1025</a>
February 2-3, 2026	PCOE Headquarters - Room A 1400 W. Stanford Ranch Rd., Rocklin	<a href="https://tinyurl.com/ASIST226">https://tinyurl.com/ASIST226</a>
April 29-30, 2026	PCOE Headquarters - Room A 1400 W. Stanford Ranch Rd., Rocklin	<a href="https://tinyurl.com/ASIST426">https://tinyurl.com/ASIST426</a>

*PCOE is committed to the full inclusion of all individuals and remaining compliant with the American with Disabilities and Fair Employment and Housing Acts. As part of this commitment, PCOE will work to ensure that persons with disabilities are provided reasonable accommodations. Persons with disabilities who wish to request reasonable accommodations or who have questions about access, please contact: Jessica LeFohn: jlefohn@placercocoe.org 530.745.1467*