



DES MOINES PASTORAL  
**COUNSELING CENTER**



## You can save a life.

### 2016 suicide prevention training opportunities for the community

**PROGRAM** You can save a life. Suicide is a serious public health problem that affects people of all ages. You can help prevent suicide in our community by knowing the facts, warning signs and where to get help. To address this crisis, the Des Moines Pastoral Counseling Center is providing a series of prevention trainings for individuals in a variety of roles to learn to recognize the signs of risk and the techniques to help those contemplating suicide. The Center is pleased to collaborate with several community groups including the Polk County Suicide Prevention Coalition, American Foundation for Suicide Prevention Out of the Darkness Walks, Iowa Army National Guard and Aldersgate United Methodist Church. Register online here: [www.dmpcc.org/prevent](http://www.dmpcc.org/prevent).

**FEBRUARY 1- 2,  
2016**

#### **Applied Suicide Intervention Skills Training™ (ASIST)**

- For the community including teachers, police, EMS workers, health care providers, faith leaders and others
- \$45 / Trainers: Iowa Army National Guard
- Two-day intensive, 9 a.m. – 4 p.m. / Aldersgate United Methodist Church, Urbandale, Iowa

**MARCH 7,  
2016**

#### **Soul Shop™, suicide prevention and awareness training**

- Specifically designed for clergy, faith leaders, church office staff, faith-based therapists
- Trainer: Russell Crabtree, founder of BestMinds, LLC.
- 9 a.m. – 4 p.m. / Aldersgate United Methodist Church, Urbandale, Iowa
- \$60 / CEUS available to clergy upon request. (Full scholarships will be allocated to Mid-West Collaborative Participants with thanks to the Lily Endowment.)

**MARCH 8,  
2016**

#### **Soul Shop™ for Presenters, training for trainers**

- Prerequisites: Soul Shop™ and ASIST / For individuals who would like to be certified to train
- Trainer: Russell Crabtree, founder of BestMinds, LLC.
- 9 a.m. – 4 p.m. / Aldersgate United Methodist Church, Urbandale, Iowa
- \$60 / CEUS available to clergy upon request. (Full scholarships will be allocated to Mid-West Collaborative Participants with thanks to the Lily Endowment.)

**FALL DATES,  
2016 TBA**

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- \$45 / Trainers: Iowa Army National Guard / two-day intensive, 9 a.m. – 4 p.m.

**REGISTRATION  
AND MORE  
INFORMATION**

Register online for any of these opportunities at [www.dmpcc.org/prevent](http://www.dmpcc.org/prevent). For more information, contact Diane McClanahan, Director of Leadership and Spiritual Life, [dmcclanahan@dmpcc.org](mailto:dmcclanahan@dmpcc.org), 515-251-6667