

## Suicide Prevention Coalition to hold workshop

Halton residents are invited to attend the Suicide Prevention Coalition's annual meeting and community workshop Friday, Nov. 7.

Titled Reaching out: Every life matters, the workshop will focus this year on inclusivity and connecting those at risk of being marginalized with the support they need, stated a press release.

The meeting will feature two speakers: Baldev Mutta, founder and CEO of the Punjabi Community Health Services, who will give the keynote address, and Dustin Garron, a spokesperson for mental health across Ontario and an advocate for peer support services for youth. Mutta has been in the social work field for more than 30 years and received several community awards for his work on equity, com-

munity development, diversity management, and organizational change.

He has worked for the last 23 years developing an integrated holistic model to address substance abuse, mental health and family violence within the South Asian community. Garron is the founder of the Mental Health Project for Youth, formerly an Ottawa-based not-for-profit mental health organization, and will speak to the services that helped him in his own recovery from multiple psychiatric disorders.

Following the workshop, the coalition will offer a free safeTALK training session, which helps participants identify people with thoughts of suicide, and teaches them how to engage individuals in need and connect them

to further help.

The meeting and workshop will be held at the Oakville Conference Centre, 2515 Wyecroft Rd., in Oakville, starting with a networking breakfast at 8:30 a.m. — the event runs until noon.

The safeTALK training session will be held at the Halton Regional Centre's south auditorium, 1151 Bronte Rd., in Oakville from 1 to 4 p.m.

Space is limited and the events are free to attend, however, registration is required by

visiting [www.halton.ca/suicideprevention](http://www.halton.ca/suicideprevention), emailing [accesshalton@halton.ca](mailto:accesshalton@halton.ca) or dialling 311.

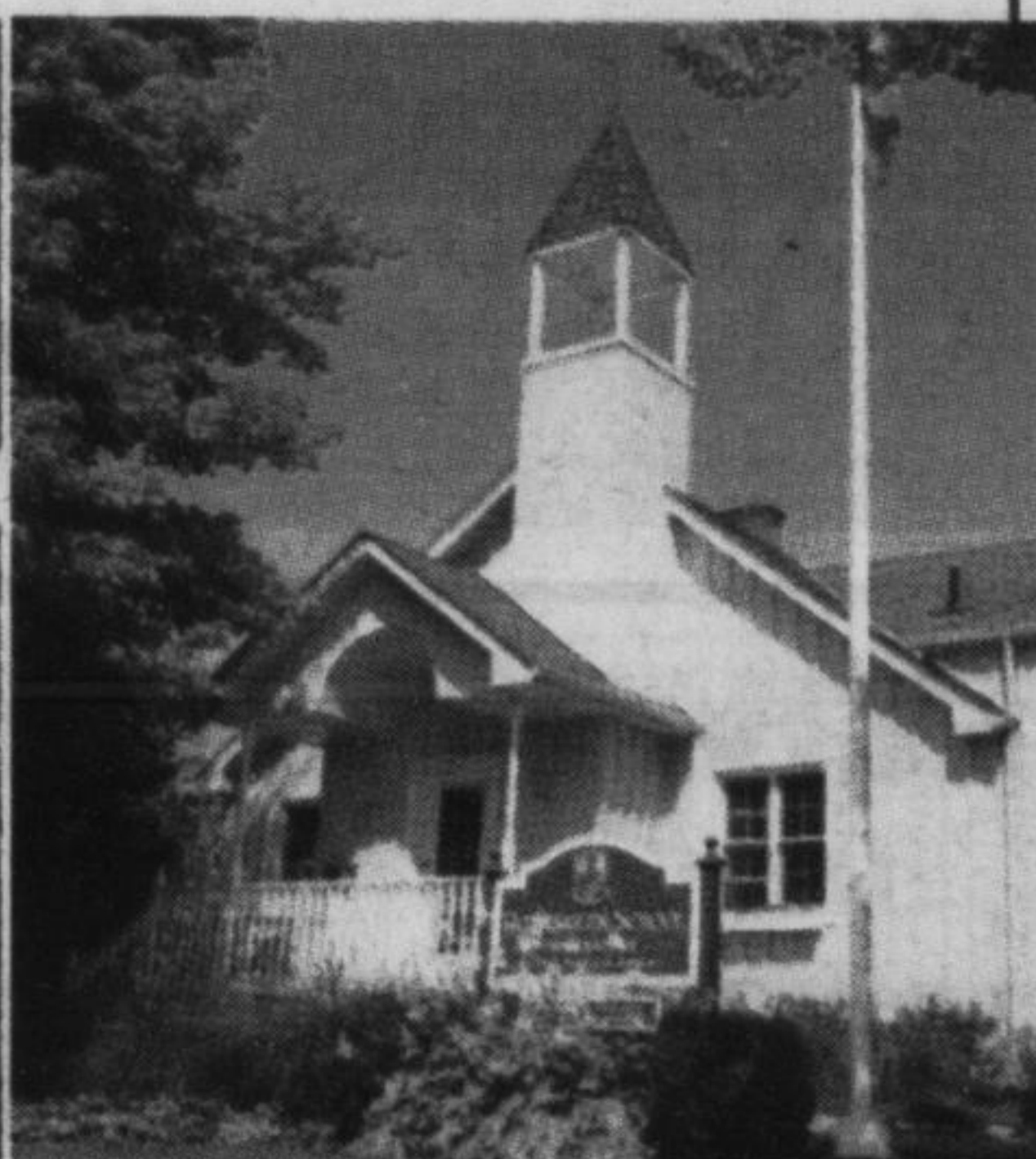
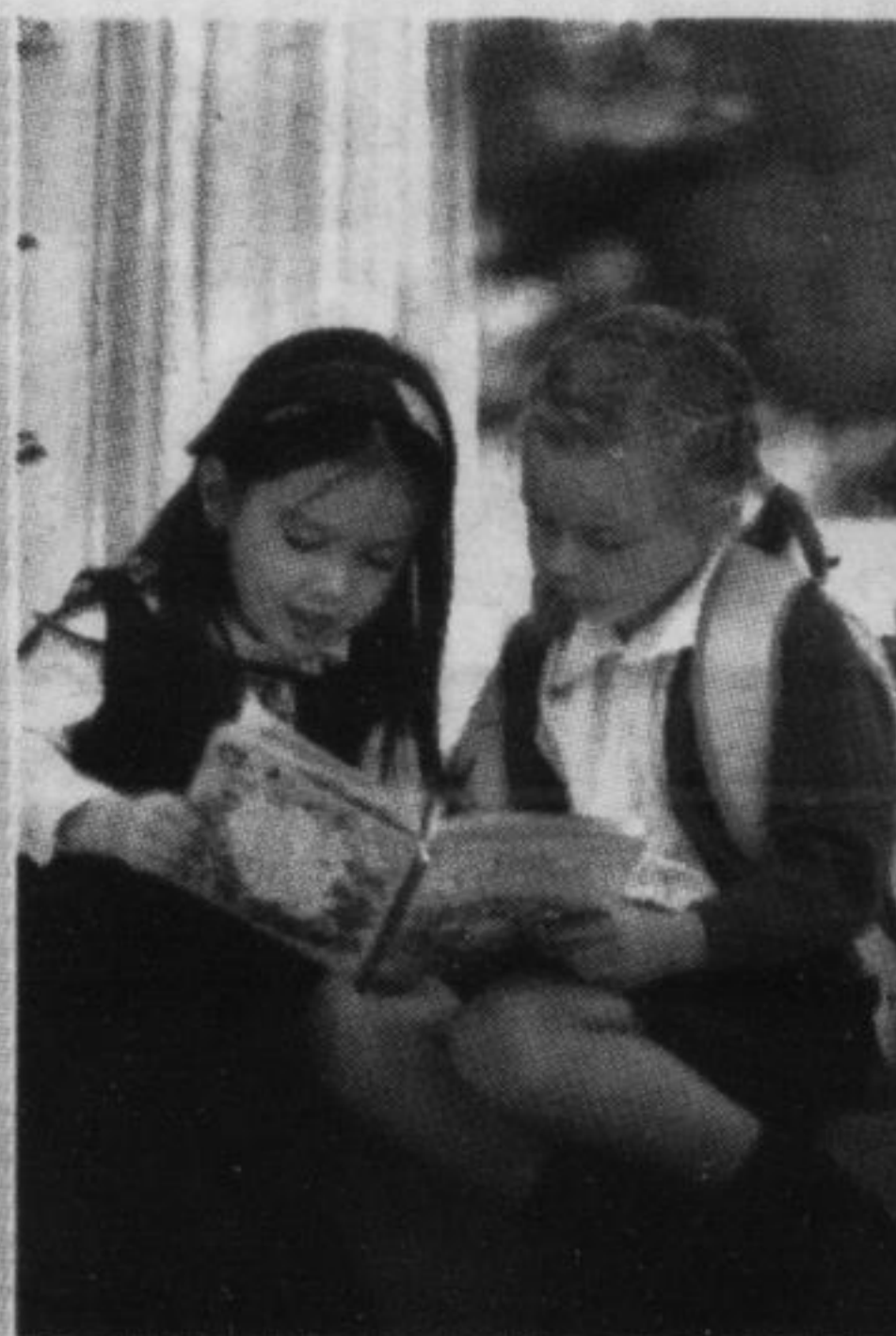
The Halton Suicide Prevention Coalition provides leadership, advocacy, and education to the Halton community on suicide awareness, prevention, intervention and post-vention. It involves 14 organizations and agencies from across Halton as well as survivors of suicide throughout the region.

For more information, visit [www.suicidepreventionhalton.ca](http://www.suicidepreventionhalton.ca).



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