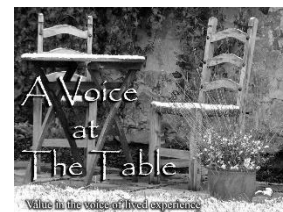


# A Voice at the Table.org

presents

## July 20th, 2018



The Re-Energize & Re-Connect Wellness Workshop for attempt & loss survivors together  
&

*Is This the Night: Finding Inner Peace* for families/friends  
impacted by the suicidal crisis of a loved one  
two mini-workshops in one, followed by a Train the Trainer session

### The morning

9:00 Meet, greet  
9:20 Welcome & general workshop overview  
9:25 Screening, *Voices from the Shadows* documentary  
10:20 *Bear Hugs Kettle snag, Dreams Matter: the Wicked Awesome Wish List, Is it OK to be Angry?* (interactive)  
11:30 break  
11:40 *Discrimination & Prejudice = Stigma, Forgiveness: the most difficult part of the journey, My Turnaround to Life* (interactive)  
12:50 General session debrief  
1:15 LUNCH BREAK

### The afternoon

#### Train the Trainer Session

**2:00 pm to 4:00 pm**

Participants will be guided through facilitator manuals that will prepare them to host a self-care, wellness workshop series for the Re-Energize & Re-Connect for attempt & loss survivors further along the healing path, as well as the *Is This the Night: Finding Inner Peace* series for the family/friends impacted by the suicidal crisis of a loved one.

All materials will be provided.

### LOCATION:

La Croix United Methodist Church, 3102 Lexington Ave, Cape Girardeau, MO 63701

COST: Workshop only \$25

Workshop and Train the Trainer: \$35

Register at: <https://suicidepreventionconference.com/register-cape-post/>

Workshop and Train the Trainer delivered by Annemarie Matulis & Tracey Pacheco Medeiros.

