

# FREE SUICIDE PREVENTION TRAINING:

## AMERICAN FOUNDATION FOR SUICIDE PREVENTION 101

### WHEN

September 29th, 2023

2pm - 5pm

### WHERE

Northern Lakes Community  
Mental Health Authority  
105 Hall St. Suite A

Traverse City, MI 49684

BROUGHT TO YOU BY THE NORTHERN MICHIGAN UNITED SUICIDE  
PREVENTION COALITION AND:



American  
Foundation  
for Suicide  
Prevention

Michigan

*Making a difference!*



*Kiersten's Ride*

*Bringing help, hope and healing  
through suicide prevention in  
Northern Lower Michigan*

www.KierstensRide.org | KierstensRide@outlook.com  
04316 Cosier Rd., East Jordan, MI 49727 | 231-675-5047

## EVERYONE IS WELCOME

### RSVP TO:

### AMY CANNON

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231-499-0912

OR

### JANE TRESTAIN

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517-795-5360

### AFSP 101

is designed to assist participants in learning more about the American Foundation for Suicide Prevention and our local chapter.

Everyone will walk away from this presentation with a working knowledge of all things AFSP and will be better equipped to become an ambassador for AFSP Michigan.

### Additionally

Participants will be able to receive area agency resource information and interact with available representatives to learn how their community can support people who are experiencing challenges with their mental health