



# Safety Planning Workshop for Caregivers



**LaShelle Burch, LCSW**  
*Community Engagement and Partnership  
Coordinator at VA Palo Alto health care*



**Chelsie Moody, PsyD, Clinical  
Psychology Trainee**  
*Program Director at CA START East Bay*

**Saturday, June 27, 2026 from 10am to 12pm**  
**Livermore, CA 94550 (Address will be shared upon registration)**

NAMI Tri-Valley, in collaboration with Keep Hope Alive Collaborative, will host a two-hour safety planning workshop intended for the caregivers of family members & loved ones experiencing suicidal thoughts. Our speakers LaShelle Burch & Chelsie Moody will go over the basics of creating & implementing a safety plan and how caregivers can support.

**You will learn:**

- what a safety plan is
  - the 6 steps of a safety plan
  - why safety planning helps
  - how caregivers can support
  - tips for caregivers
- and more!

This workshop will be held **in person only**. Register for this event & get the address by scanning the QR code below, or go to <https://tinyurl.com/june2026safetyplanning>



*For more information, contact [info@namitrivalley.org](mailto:info@namitrivalley.org) or 925-344-4480*