

National Alliance on Mental Illness (NAMI), Tri-Valley
National Alliance on Mental Illness (NAMI), Alameda County
Pathways to Wellness Medication Clinic,
Mental Health Association for Chinese Communities
Present



SUICIDE PREVENTION WORKSHOP

for Family Caregivers
A Hands-On Informative Educational Forum

AUGUST 9, 2025

Workshop: 9:00 am to 4:00 pm

THIS FREE WORKSHOP WILL BE CONDUCTED ON ZOOM AND IN-PERSON

Please Note: For those who prefer meeting in-person, space is limited,

REGISTRATION REQUIRED

Register on-line at: <https://www.namitrivalley.org/sp-workshop-registrations>

Upon registration, you will receive the Zoom link & address

Refreshments and lunch provided for in-person participants.

This free workshop is for families that have a relative living with a mental illness and at risk of suicide. You will learn and practice how to:

- Know the Importance of Self Care
- Weave a Safety Net
- Develop a Safety Plan

