

Applied Suicide Intervention Skills Training ASIST

for Mental Health Practitioners

The ASIST workshop is intensive, interactive, practical, practice-oriented, and is designed for Caregivers (professionals, volunteers, students and family members) who want to feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. The goal of ASIST is to: enhance a caregiver's ability to assist a person at risk to avoid suicide.

By completing the workshop, participants will be able to:

1. Discuss suicide with a person at risk in a direct manner
2. Identify risk alerts and develop a safe plan related to them
3. Demonstrate the skills required to intervene with a person at risk of suicide
4. Recognize that suicide prevention than suicide intervention, and includes life promotion and self-care for persons at risk and life promotion

WHEN: To be announced – Spring 2021

WHERE: FAN/JOY Youth & Family Culinary Center

100 Trafalgar Road North, Hillsburgh, NOB 1Z0 ON

Training facilitated by:



Tina Gandhi, MSW, RSW
is a Registered Social Worker with over 20 years of experience in children's mental health and child welfare counselling youth and families with depression, anxiety, learning and developmental disabilities.



Maria Macias, MSW, RSW
has been involved in social services for 20 years in residential services, community outreach & crisis intervention. Maria is an experienced ASIST trainer who cares deeply for the needs of high-risk youth, families and communities.

COST: \$225 + HST per person includes refreshments and lunch both days prepared by Chopped Canada Champion Chef Pam Fanjoy, MSW, RSW - To reserve your spot please call 519-308-0900 or email pam@chefpamfanjoy.com

Please note that there will be a maximum of 10 participants and all COVID protocols will be in place including socially distanced seating and mask use.

ABOUT THE ASIST TRAINING

ASIST is the world's leading suicide intervention training program.

Trusted by professionals yet learnable by anyone, LivingWorks Applied Suicide Intervention Skills Training (ASIST) is the only workshop of its kind. Updated continually to reflect new knowledge, LivingWorks ASIST has been empowering people to provide skilled, life-saving interventions for over 35 years.

ABOUT THE TRAINERS

Tina Gandhi, MSW, RSW

Tina Gandhi, MSW, RSW is a Registered Social Worker with over 20 years of experience in children's mental health and child welfare, counselling youth and families with depression, anxiety, learning and developmental disabilities. Tina has led extensive parenting groups, provides individual and family counselling, demonstrates larger systems thinking, and uses Cognitive Behavioral Therapy and ACT therapy, in conjunction with a variety of Mindfulness practices to help clients solve a wide variety of life's problems.

As a Master Level ASIST trainer, Tina is passionate about providing this training in the community so that building the skills needed to actively help those struggling with suicidal thoughts can be accessible to everyone. Tina's deep compassion, contentionsness, organization, and dedication to helping people wherever they are at, always ensures that the learning during this training weekend will be interactive, grounding and rich. As an enthusiastic Zumba instructor and mother of two, Tina is sure to add in a little movement and help build meaningful connections that will help our community of health care workers collectively come together to address the current mental health issues that are reaching epic proportions during COVID 19.

Maria Macias, MSW, RSW

Maria Macias is a MSW graduate from York University. Her MSW research focused on the "Duty to Accommodate" for students with learning disabilities in post-secondary education. In her research Maria paid close attention to the disproportionate number of students from marginalized populations who are being identified as having a learning disability. She has been in the field of social services for the past 20 years in a number of capacities including residential services, community outreach and crisis intervention.

Maria's main interest in the field has focused on issues faced by women who have experienced violence in their lives. Maria is originally from Chile. She arrived in Canada as a young adult after she and her family were forced into exile. Maria's identity as a woman of colour has influenced her interest regarding the manner in which discrimination impact of people's everyday lives, as well as how people of colour disproportionately face poverty, social exclusion and discrimination.

Maria is an experienced ASIST trainer who cares deeply for the needs of high-risk youth, families and communities. As a trainer, Maria creates a warm and welcoming environment in order to ensure that participants learn in an interactive manner, she builds on people's own knowledge and expertise in order to engage participants throughout the different aspects of ASIST training.

Maria is a mother of three young adults. Maria and enjoys music, dancing and arts and crafts.

ABOUT FAN/JOY

Fan/Joy is a culinary social enterprise run by award winning Chopped Canada Champion, Youth & Family Therapist, and Clinical Social Worker, Chef Pam Fanjoy, MSW, RSW. We feed our community and cook up change through innovative programs and service that improve the physical, mental and spiritual well-being of youth and families.

Pam Fanjoy, MSW, RSW, as been serving GTA families for the past 25 years. Pam is also a founder of the Chestnut Collaborative Center in Toronto for interdisciplinary collaborative law. Pam's revolutionary expertise as a Food Therapy expert has allowed her to integrate Farm to Table cuisine, Cognitive Behavioral Therapy, experiential Culinary Events and Therapeutic Cooking Sessions through her Junior Chef Life Skills Program.

FEEDING CONNECTION.

FAN/JOY

COOKING UP CHANGE.

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