

In Coordination with **Self-Injury Awareness Day**  • **March 1**

CALM

Conversations

TRAINING

Counseling on Access to Lethal Means

Monday, March 2, 2026 • 2-3:30 PM

Learn Skills to Help Reduce Self-Injury & Suicide Risk

- ★ Recognizing warning signs in individuals at risk for self-injury and suicide
- ★ Identifying & Reducing Access to Lethal Means
- ★ Having Supportive, Safe Conversations
- ★ Practical Strategies for Prevention

No clinical background needed. Open to all community members!

Location: The Open Door
of Indiana Pennsylvania
2:00-3:30 PM • 20 spots available

Register: please email
efyock@theopendoor.org
(No cost required)

665 Philadelphia St. Suite 202 Indiana, PA