

RESILIENCE *and* SUICIDE PREVENTION TRAINING FOR PARENTS



Course Details:

- 📍 **Where:** North Layton Jr. High
- 📅 **When:** Thursdays, January 23rd – Feb 27th | 7–8 PM
- 👤 **Taught by:** Elysia Butler, TEDx speaker, best-selling author

Resilience & Suicide Prevention Course **equips** parents with the **tools**, knowledge, and strategies to **proactively address mental health struggles**, including suicide prevention, within their families. It **empowers parents** to recognize warning signs, support their children with **resilience-building techniques**, and create a positive, supportive home environment that fosters confidence, emotional strength, and well-being. Parents will learn how to communicate effectively with their children, **apply a proven framework for resilience**, and feel more confident in their ability to guide their family through challenging times, ultimately **empowering their children to thrive** despite adversity.

Empower Your Family: Learn How to Build Resilience & Prevent Suicide

*As parents, we all want to keep our children safe, healthy, and thriving. Growing up today brings new challenges, and mental health struggles, including suicide, have become an increasing concern. In this **6-week course**, we will equip you with the tools and knowledge you need to better understand mental health, build resilience, and take proactive steps to prevent suicide.*

What You'll Learn:

- **Understanding the Statistics:** A quick overview of **national and Utah suicide statistics** to understand the scope of the crisis.
- **Recognizing Warning Signs:** Identify early warning signs of mental health struggles in loved ones and how to respond.
- **Strategies for Question, Persuade, and Refer (QPR):** Learn how to ask the right questions, persuade someone to seek help and refer them to the proper resources.
- **Risk & Protective Factors:** Learn what factors influence mental health and how to prepare your family with strategies to promote a positive mindset shift.
- **The Hero's Journey of Resilience:** Learn how to apply the **Hope Hero's Journey of Resilience** framework and the **4Cs of the Hero's Compass** for your family's mental well-being.
- **Become the Hero of Your Own Story:** Understand **5 ways to help combat teen sadness, depression, and anxiety**, empowering your child to feel more worth, power, confidence, and joy.
- **Bridges of Communication:** Discover how to create strong communication pathways and improve your **parent-child relationships** with more confidence and openness.



<https://daviscomed.davis.k12.ut.us/o/daviscomed/page/2024-fall-registration-payment>

Resilience & Suicide Prevention Course for Parents Registration
YOU ARE NOT ALONE! YOU ARE LOVED! YOU ARE WORTH IT!