



healthy mothers, healthy babies

Coalition of Palm Beach County, Inc.

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Join us for the first of four quarterly workshops designed to engage and educate individuals, parents, community partners and others interested in learning more about topics affecting maternal health in our community.

## **Keeping Each Other Safe: Preventing Suicide**

**Monday, October 28th**

**9:00am - 12:30pm**

Healthy Mothers, Healthy Babies

901 Northpoint Parkway, Suite 403, West Palm Beach

### **Workshop Description:**

Learning to support people who are experiencing suicidal thoughts can be challenging. In this course, participants will learn to better understand and work with individuals who express suicidal thoughts or ideation. Special attention will be paid to pregnant women, postnatal women, and families. Participants will learn ways to support people facing suicidal thoughts and ways to keep them as safe as possible.

### **Learning Objectives:**

1. Discuss statistics and factual data related to suicide



Jan Bogie, LMHC

- 2. Assess for suicidal thoughts/ideation
- 3. Describe safety planning
  
- 4. Identify the difference between self-injury and suicide behaviors

**Facilitators:**

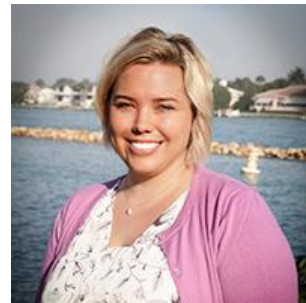
**Jan Bogie, LMHC**

Clinical Director at Healthy Mothers, Healthy Babies and

**Kelly Everson, Psy.D.**

Licensed Psychologist

Palm Beach Behavioral Health and Wellness



Kelly Everson,  
Psy.D.

Registration is free. Bagels and coffee will be served.

**REGISTER TODAY!**

Questions? Call us at **561-623-2800** or email [info@hmhbpbpc.org](mailto:info@hmhbpbpc.org)

## Contact

**561.623.2800** [www.hmhbpbpc.org](http://www.hmhbpbpc.org)

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