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WHAT HELPS & WHAT HURTS: SUPPORTING THOSE LEFT BEHIND AFTER A SUICIDE

FRIDAY FEBRUARY 9th 12:30 - 2:30pm

Develop a better understanding of suicide and how to help families who often have many unanswered questions. Case stories of survivors will be shared to demonstrate how to offer encouragement and hope, using words that help rather than hurt.

FWCS FAMILY AND
COMMUNITY ENGAGEMENT CENTER
230 E DOUGLAS AVE
FORT WAYNE, IN 46802

COST: \$15 For questions please call: 260-422-6441



Funded in part by a grant from Indiana Suicide Prevention Network/Indiana Suicide Prevention Coalition



BARB SMITH



Barb Smith is the Executive Director of Barb Smith Suicide Resource & Response Network. Barb is a national speaker and advocate for suicide awareness. She brings 26 years of experience working in the field of suicide prevention, intervention and aftercare. Barb works with families bereaved by suicide through her support group and outreach programs. She is a certified train the trainer for Yellow Ribbon International where she has spoken to over 70,000 teens on the warning signs and risk factors of suicide. She is also an ASIST (Applied Suicide Intervention Skills Trainer) and safeTALK (suicide alertness for everyone) trainer. Barb served on the Survivor Council for the American Foundation for Suicide Prevention and held the office of Vice-President as well as board member of Michigan Association of Suicidology. As a victim advocate through the Saginaw County Sheriff Dept, she assists officers in delivering death notifications. Barb is the author of a short story in The i'MPOSSIBLE Project book, with Josh Rivedal; titled "Pain with a Purpose." Sharing her lived experience on her journey through the suicide loss of her brother and sister in law is something she is passionate about.

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