

# Help Someone When They Need It Most



**Monday, October 29th from 6-9 p.m.**

**Christ's Lutheran Church  
26 Mill Hill Road, Woodstock**

**Or**

**Monday, November 5th from 6-9 p.m.**

**Atonement Lutheran Church  
100 Market Street, Saugerties**

Learn 4 basic steps to recognize persons with thoughts of suicide  
and connect them with helping resources.

Led by Tamara Cooper, Family of Woodstock

safeTalk is an alertness training that prepares anyone 15 or older,  
regardless of prior experience or training  
to become a suicide-alert helper.