

# Help Someone When They Need It Most



## safeTALK

**Monday, January 28th from 6-9 p.m.**

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

**Snowdate: February 4th**

**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.

Please Pre-Register by calling 845-679-2485  
or email [Tcooper@familyofwoodstockinc.org](mailto:Tcooper@familyofwoodstockinc.org)