CCAPE
Center for Community and Professional Education
at Cape Cod Community College



The Cape and Islands Suicide Prevention Coalition has partnered with 4Cs offering our communities Wellness training programs that provide information and tools to raise awareness, educate, and increase action to reduce suicides.

Register Today

https://capecodcc.coursestorm.com/category/wellness-training-programs

Questions? Contact Val Duffy 508-375-5018 or vduffy@capecod.edu

Wellness Training Programs at Cape Cod Community College (4Cs)

Question, Persuade, and Refer (QPR)

Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Date: Oct. 10, 2024 from 9am-10am

Location: Virtual via Zoom

Mental Health First Aid

A skills-based training course that helps people identify, understand, and respond to mental health and substance use issues. This is an 8 hour in person class.

Date: November 5, 2024 from 8:00am-4:30pm

Location: Nantucket Public Safety, 4 Fairgrounds Rd, Nantucket, MA

Mental Health First Aid (Youth)

Teaches adults how to help youth facing mental health or addiction challenges and an action plan for support. Topics include anxiety, depression, trauma, substance use, self-care and impact of social media and bullying. This is an 6.5 hour in person class.

Date: December 10, 2024 from 9:15am to 4:15pm

Location: 4C's Campus: Wilkins Library, Board Room.

safeTalk

A training in suicide alertness skills to help people ask about suicide directly, connect others to life-saving resources and keep them safe until those resources take over. This is a 4 hour in person class.

Date: December 11, 2024 from 10am-2:30pm

Location: 4C's Campus