

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

*Questions? Contact Val Duffy*

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## **Applied Suicide Intervention Skills Training (ASIST)**

An in-person 2-day program where participants learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

**Date:** January 13-14, 2025, from 9:30am - 4:30pm

**Class Format:** 16.00 hours approx.; over 2 days (in person)

**Location:** 4C's Campus, West Barnstable

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## **Question, Persuade, and Refer (QPR) – live via Zoom**

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. This is a 90-minute online class.

**Date:** February 13, 2025, from 10:00am - 11:30am

**Location:** Live via Zoom

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## **safeTalk**

An in-person 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:** March 4, 2025, from 9:30am - 1:30pm

**Location:** Cape Cod Community College, Hyannis Campus, 540 Main St., Hyannis

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## **Reduce Suicide Risk and Promote Healing: Sudden Death Postvention**

Using National Best Practice protocols, participants learn how to reduce the risk of contagion and create a comprehensive response plan in the event of a traumatic death. This is a 4 hour in person class.

**Date:** April 8, 2025, from 9:30am - 1:30pm

**Location:** Cape Cod Community College, Hyannis Campus, 540 Main St., Hyannis

## **Register Today!**



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

*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.*



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

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