

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

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

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

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](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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