Wellness Training Programs

Cape Cod Community College

At No Cost to Participants!

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

safeTALK

This in-person training teaches suicide alertness skills to help people ask directly about suicide, connect others to support, and keep them safe until help arrives.

- **Date**: Thurs., January 8, 2026, from 8:30am - 12:00pm, **Nantucket**
- **Date:** Fri., March 27, 2026, from 12:00pm - 4:00pm, **Martha's Vineyard**

Applied Suicide Intervention Skills (ASIST)

ASIST is a 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**: Thurs., Feb. 19 & Fri., Feb. 20, 2026 (2 days) from 9:00am - 5:30pm, **Cape Cod Community College**, Room TBD

Question, Persuade, Refer (QPR)

QPR trains people to recognize suicide warning signs and take action by questioning, persuading, and referring someone to help.

- **Date:** Thurs., February 26 2026, from 11:00am - 12:30pm, **Virtual Zoom**

Mental Health First Aid

A training that helps adults recognize mental health challenges, listen with empathy, and connect individuals to professional support and resources.

- **Date:** Weds., April 8, 2026, **Nantucket. YOUTH session:** Adults help youth facing mental health challenges
- **Date:** Friday, April 10, 2026, from 9:30am - 4:30pm, **ADULT session, 4Cs Main Campus, West Barnstable**
- **Date:** Weds., May 20, 2026, from 9:30am - 5:00pm, **ADULT session**, **Martha's Vineyard**

***Register Today!* Seats Fill Fast!**

www.capecod.edu/ccape/wellness



Cape & Islands Suicide Prevention Coalition
awareness education action
A member of mcsp

The Cape and Islands Suicide Prevention Coalition and the Cape & Islands District Attorney's Office have partnered with Cape Cod Community College to offer training programs that provide our communities with the necessary information and tools to raise awareness, educate, and increase action to reduce suicides.

ROBERT J. GALIBOIS
CAPE AND ISLANDS
DISTRICT ATTORNEY

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