



The Center for
**Corporate and
Professional Education**
at Cape Cod Community College



The Cape and Islands
Suicide Prevention Coalition
has 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.

Register Today



www.capecod.edu/ccape/wellness

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

Improve employee well-being and create
healthier organizational cultures with 4Cs

Youth Mental Health First Aid

A skills-based training course that helps people identify, understand, and respond to mental health and substance use issues in youth.

Date: Apr. 12th from 9:00 a.m. – 5:00 p.m.

Location: Martha's Vineyard Community Services, 111 Edgartown Road, Vineyard Haven

Sudden Death Postvention

An organized response after a suicide or other unexpected death has occurred to facilitate healing from grief and distress, mitigate the negative effects of exposure to suicide, and prevent suicide among those who are at high risk.

Date: Apr. 11th from 9:00 a.m. – 1:00 p.m.
(in-person at 4C's)

Question, Persuade, Refer (QPR)

People trained in 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: May 22nd from 3:30 – 5:00 p.m.
hybrid (in-person at 4Cs and Zoom).