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



Questions? Contact Val Duffy

508- 375-5018 or vduffy@capecod.edu

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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