

Suicide Prevention Workshop

All are
Welcome!
Youth and
Adults!

October 6, 2019

12:30-3:00pm

(Lunch will be served at 11:30am)

Columbia United Church of Christ

Let's face it, suicide is a tough discussion to have with anyone; especially our youth. Unfortunately, it is a very real presence in today's world. From cyberbullying to body shaming or even disenfranchisement of individuals because of sexual orientation or gender identity, suicide is a very real problem facing many in our world; especially our youth. Let's get together and learn how to have a healthy conversation that could potentially save someone's life.

We will:

- Look at suicide in the Bible
- Discuss ways to talk openly about suicide
- Learn how the words we use in everyday conversation matter to people who may be suicidal
- Learn what a PIT crew is
- Practice a discussion you could have with someone you think might be suicidal
- Learn and collaborate with each other as to how to deal with the topic of suicide in your youth groups (and in other social circles)

Please RSVP by October 2, 2019, even if it is a "guesstimate" by visiting www.columbiaucc.com and clicking on the "Suicide Prevention Workshop" tab on the home page. There will be a free will offering collected for the meal (suggested \$10/person), with all proceeds going towards the CUCC Youth trip to NYE in July 2020. Questions? Contact Rev. Rick Oberle: rick@columbiaucc.com

Session Leader: Cindy Birkner

Cindy Gillam Birkner has worked in Youth Ministry for over 15 years and is currently serving as the Youth Resource Coordinator for the Missouri Mid-South Conference. In her years of Youth Ministry, Cindy has curated has volumes of resources in mission trip planning, youth lead worship opportunities, group building activities, and dealing with crisis situations in Youth Ministry. Cindy lives in St. Peters, MO with her husband and several rescue dogs. She is the mother of three grown children.

