

WHAT'S INSIDE:

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Be Part of Our Team!

"An experience of collective pain does not deliver us from grief or sadness; it is a ministry of presence. These moments remind us that we are not alone in our darkness and that our broken heart is connected to every heart that has known pain since the beginning of time."

- Brene Brown, Braving the Wilderness

COLLECTIVE STRESS + GRIEF

A new year is more than just a celebration – it is a time to reflect, process, explore, and collaborate. Whether we may realize it or not, we are affected by what our fellow humans are experiencing. Not only are we processing and responding to events that affect our personal, day-to-day lives, we are also feeling the emotions we see other people feeling. Social media sites have expanded across several different platforms and have become one of the primary places we access information.

There is a connection between our minds and hearts when we hear devastating news, whether it be natural disasters, wars, illness, or simply stories of sadness, loss, and pain. Do you ever wonder why there are certain days where it feels that it's all too heavy to carry? This can be the sign that we are carrying the stress and the grief of our life experiences. At the same time we can also be burdened with empathy we share for other people's pain. As humans, we strive for connection with one another. We feel reminded of our grief when we read about another's loss, we experience stress when we see all the changes happening in our world. At times it can feel like you are fighting an uphill battle, with a slew of adverse news that seems to be never-ending.

Once we learn more about what it is to be human, following our intuition and realizing that at our core we are interconnected, we can find ways to cope, heal, and share so that others may do the same. It is essential that we find ways to manage our own experiences of stress and grief. Taking care of our diet, sleep, activity levels, and allowing ourselves to rest, is important. Accessing supports to assist us rather than attempting to endure on our own takes strength and courage. However, facing our grief, our stress, and finding ways to process our experiences, is a unique gift that makes us human.

It is not easy to be exposed to the onslaught of negative information we have at our fingertips. To see all the pain in the world and to make peace with it can be an isolating experience. Despite a recent new calendar year, 2022 may already seem like the toughest year to leave the challenges of the past where we would like them to stay. It can feel like a substantial weight that is slowly tightening its grip on us. Therefore, it is imperative that we find ways to let go of the stress and grief we feel, not only for ourselves, but for those around us as well.

WORKSHOPS

Our training includes skills training, healthy coping, communication, peer support, and education to prevent and respond to crisis and suicide.

Reaching Out

- This workshop introduces the topic of suicide to youth and teaches about warning signs, that it's okay to talk about suicide, how participants can respond to suicide, and advises participants it is okay to ask for help and to connect with a safe adult.

Self-Care 101

- A central goal of this workshop is to invite youth to see that each of us has mental health and, similar to caring for our physical health, we can learn to nurture and improve our mental health through our actions, experiences, and lifestyle choices.

GRASP

- This 12-hour skill building program provides youth from Grades 9-12 with self-awareness, communication, and coping skills that will aid them in their personal growth as well as contribute to an overall plan for ongoing youth suicide prevention programs within schools and communities.

COPE

- This workshop uses the principals of mindfulness to help students in grades 5,6,7 achieve better mental wellness and cope with issues like anxiety, overthinking, stress, self-harm, sleep loss, and social media use.

ASIST (Applied Suicide Intervention Skills Training)

- Living Works' two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention.

suicideTALK

- Ranging from 90 minutes to a half a day, Living Works' suicideTALK invites all participants to become more aware of suicide prevention opportunities in their community.

Safe (Suicide Awareness For Everyone) TALK

- Living Works' three-hour workshop which prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources.

Contact our **Community Education Coordinator** at
community.education@crisis-centre.ca or 778.693.2765 for more information!

○ ○ ○ ○ ○ **UPCOMING TRAINING:** ○ ○ ○ ○ ○

Being a Volunteer Changes Your Life!

It gives you a new perspective and a new way of looking at your own problems when you have a chance to understand others. The training is invaluable for your own communication skills and relationships.

The Crisis Prevention, Intervention, and Information Centre for Northern B.C. offers training ~3 times per year based on demand.

Visit: <https://crisis-centre.ca/volunteer-upcoming-training/>

Connect with us online!



@crisiscentrenbc

contact us at
information@crisis
centre.ca and let



@crisiscentrenbc

us know your
thoughts on this
newsletter!



Crisis Prevention,
Intervention, and Information
Centre for Northern BC

FOR MORE INFORMATION ON COLLECTIVE STRESS + GRIEF:

Loss, Grief, and Healing - CAMH:

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing>

Life After Trauma: It Takes a Community, by Sherry Thomas:

<https://www.thechicagoschool.edu/insight/from-the-magazine/life-trauma-takes-community/>

Collective Grief: 10 Things to Know As the Community Grieves:

<https://www.usurnsonline.com/grief-loss/collective-grief/>

Grief & Finding Meaning, Brene Brown Podcast:

<https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/>

Local Resources:

Prince George Hospice

Palliative Care Society -

<https://pghpcs.ca/programs/>

BC Bereavement Helpline -

<https://www.bcbh.ca/>,

1-877-779-2223

Pet Loss Canada -

519-744-3784

Rainbows Prince George -

250-562-3477

Crisis Centre for Northern B.C.:

Resources

- Northern B.C. Crisis Line: **250-563-1214, 1-888-562-1214**, 24/7
- Northern B.C. Youth Line: **250-564-8336**, 24/7
- BC Suicide Line: **1-800-784-2433**, BC-wide, 24/7
- 310-MENTALHEALTH: **310-6789**, BC-wide, 24/7
- Canada Suicide Prevention Service: **1-833-456-4566**, National, 24/7



**Crisis Prevention,
Intervention & Information Centre**
FOR NORTHERN BC

We are here for you 24-7

Crisis Prevention, Intervention, & Information Centre for Northern B.C.

#101-2700 Queensway, Prince George B.C., V2N 1L2

Business Line: (250) 564-5736 **Web:** www.crisis-centre.ca

CRISIS PREVENTION, INTERVENTION, AND INFORMATION CENTRE FOR NORTHERN B.C.

BE A PART OF OUR TEAM!

Our Crisis Centre Is...

a non-profit organization dedicated to providing emotional support, suicide intervention and referral information on a provincial and national scale. We offer safe, non-judgemental support, 24/7.

Our Next Start Date:

Wednesday, Feb. 9th 2022

Includes:

- 70 hours of training
- Applied Suicide Intervention Skills Training (ASIST) Certification
- Free of charge
- Offered remotely



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Intervention & Information Centre**
FOR NORTHERN BC

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Contact Riley Skinner, Program Coordinator. Phone: 250.564.9312,
Email: program.coordinator@crisis-centre.ca for applications + more
information.