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WHOLEHEARTED LIVING

Being vulnerable and showing our true selves to the world can be terrifying. Especially when we live in a society that is constantly bombarding us with messages that we are not good enough. Wholehearted living is about letting go of who we think we are supposed to be and instead encourages us to embrace our inner flaws to accept who we truly are.

“ Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion, and connection to wake up in the morning and think, *No matter what gets done and how much is left undone, I am enough.* ”

- Brené Brown

Wholehearted living requires us to practice courage and vulnerability. Courage can sound like something heroic that is impossible to achieve. However, courage is something we observe and, most likely, do on a daily basis. Courage can be calling to make a doctor's appointment, reaching out to a loved one you've lost touch with, or asking for help. An important attribute of courage is being honest about who we are, what we are feeling, and our experiences.

Being vulnerable and showing our authentic selves with the world takes a tremendous amount of courage. When we share our stories with others, we open ourselves up to the possibility of judgement and rejection. It's important to learn to let go of the things that hold us back from living wholeheartedly, such as perfectionism, comparison, and shame. When we let go of the idea that we need to change ourselves for the world, we can allow others to see us at our core.

To live wholeheartedly is to unapologetically be ourselves. This is not a choice individuals make only once. It is a continuous process in which we strive to better ourselves. It is important to remind ourselves that being our best, authentic self is not a linear process. Our best today may be different than it was last week, and that is okay. Wholehearted living is about meeting yourself where you are at daily and recognizing that you are only human. Every day, you are doing your best and that is enough. You are enough.

Source: *The Gifts of Imperfection* - Brené Brown



YOUTH WORKSHOPS

2021-22 SCHOOL YEAR



Suicide is a phenomenon that impacts individuals of all ages. However, for youth aged 10-24, suicide is the second leading cause of death. The Crisis Centre for Northern B.C. brings valuable suicide awareness and prevention workshops to both elementary and secondary schools in the north. Our goal at the Crisis Centre is to create a suicide safer vehicle that can help take youth from grade five all the way through to grade twelve. We recognize that we can not stop youth from encountering suicide. However, we can teach them skills to help themselves, and their peers, if suicide is ever a concern. We believe that the sooner young people learn help-seeking behaviours and skills, the better equipped they will be to care for themselves and for their peers.

This school year, the Crisis Centre provided a record number of youth workshops for students in Northern B.C!



144
WORKSHOPS



950
STUDENTS



38
CLASSES



14
SCHOOLS

Recent statistics show that one of the biggest impacts of the COVID-19 pandemic has been on mental health, especially for youth. As we move forward into the third year of the pandemic, we are seeing an increased desire from school staff members and teachers for more education on mental health and suicide prevention. This year we were able to increase our youth workshops by 92%! We look forward to continuing the vital work of helping educate the youth of Northern B.C.

"COPE taught me that I can cry when I need to." - Grade 6 student

"To be honest, I struggled to put the value of your work into words. Breaking down the stigma connected to mental health issues and suicide is essential. Lifelines creates a safe space for students to openly discuss these topics and learn about the supports available.

My students looked forward to our Lifeline meetings and developed an excellent connection to both presenters from the Crisis Centre. The Lifeline program is a wonderful asset to School District 57." - Grade 5/6 Teacher



DID YOU KNOW?



Our youth workshops are primarily funded through donations and grants. If you would like to contribute so we can continue our valuable work educating the youth of Northern B.C., please contact our Community Education Coordinator at community.education@crisis-centre.ca

WORKSHOPS

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

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.

Lifelines

- Lifelines is an evidence-based program for grades 5,6, & 7 designed to integrate youth suicide prevention into both the culture and mission of the school, which is to provide a safe learning environment for its students. Classes emphasize help-seeking behaviours and are aimed at students who encounter peers who may be thinking of 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.

ASIST (Applied Suicide Intervention Skills Training)

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

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.

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.

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



MORE RESOURCES ON WHOLEHEARTED LIVING WITH BRENÉ BROWN

Books by Brené Brown:

The Gifts of Imperfection

Atlas of the Heart

Dare to Lead

Braving the Wilderness

Rising Strong

Daring Greatly

I Thought it was Just Me

Ted Talks:

The Power of Vulnerability

Listening to Shame

Podcast:

Unlocking Us

Filmed Lecture on Netflix:

The Call to Courage

Want to see where you are at with
wholehearted living? Visit
brenebrown.com/wholeheartedinventory
to assess your strengths and
opportunities for growth!

OUR FIVE PILLARS

The Crisis Centre for Northern B.C. has Five Pillars that are the foundation of our work. Follow Dial North over the next few editions to read about each one:

1. HUMILITY:

"We strive to position people & communities as the experts of their own experience."

We believe that everyone is the expert of their own lives. When we speak to someone, we only see one piece of the puzzle and we recognize that each individual knows themselves best. We provide peer to peer support and strive to empower people to make decisions for themselves that will work best for them.

We recognize that the best practices for suicide prevention and mental health are constantly evolving. After 52 years of this lifesaving work we continue to pursue knowledge, adapt, and redefine what it means to provide high quality trauma-informed crisis intervention & suicide prevention. We are grateful to be positioned as humble learners with those we serve as our greatest teachers.

2. INTEGRITY

3. ACCOUNTABILITY

4. COLLABORATION

5. SERVICE

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
- Talk Suicide: **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.

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