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THE INFLUENCE OF COLOUR

Summer introduces a vibrant world of colour and contrast into our lives and into our hearts. Some choose to spend the warm days indoors, where it is cool, whereas others choose to be outdoors in the sunshine. Wherever we decide to be, we kindly invite light and colour of all contrasts into our environments. At times, it can be challenging to select a colour that best reflects the way we are feeling, while on other occasions, it is the colour that speaks out to us. Without being aware of it, we can be drawn to a colour without understanding why, but there may be a reason for it.

Colours are one of many ways humans communicate with each other without needing language to show how we are feeling. There have been studies that associate certain colours with emotions. Interestingly, colours and emotions have presented universal similarities. For example, one study looked at 30 different countries and found that 51% of participants associated black with sadness, 68% associated red with love, and 52% yellow with joy. This could play an influential role during our decision-making processes.

If you catch yourself wondering what colours to include in your space or which flowers to put on the table, the final decision may be influenced by the feelings that different colours can bring. If you are feeling relaxed, you may choose colours such as purple, white, and blue. If you are seeking uplifting energy, colours such as orange, red, yellow, and pink have been linked to positive emotions. Whether it is willful or unintentional, a colourful environment has been linked to positive psychological wellness. We encourage you to reflect on what specific colours mean to you as you navigate the world, so you can decide what to include in your life.

UPCOMING EVENT

Soles Remembering Souls

September 25th 6pm-8pm

To honour and remember loved ones who have died by suicide



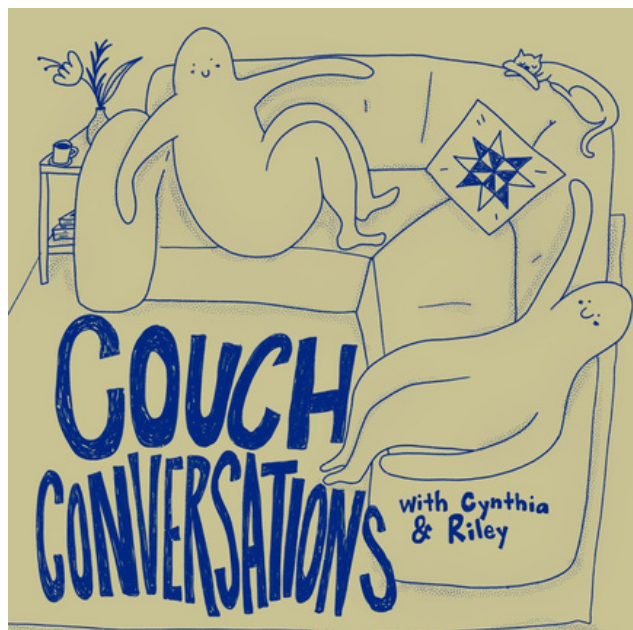
See back page for more information

Source: Cherry, K. (2024). Color Psychology: Does it affect how you feel?

Source: Zhang, L., Dempsey, N., Cameron, R. (2023). Flowers – Sunshine for the soul! How does floral colour influence preference, feelings of relaxation and positive up-lift?



NEW PODCAST!



Pull up a comfy chair beside the fire, pour a cup of tea and settle in.

Just over a year ago, The Crisis Centre for Northern BC began seeking ways to share what we have learned over the decades with even more of our community. We began asking questions. Should we travel more? Should we advertise? And none of those seemed quite right until we thought this: should we have a podcast? That was it; the way we could impact more people, share our message and our experiences, invite conversation and reach deeper into our community. From these humble questions, Couch Conversations with Riley and Cynthia was born. A few false starts later, and we found ourselves partnering with CFUR, Prince George's Community radio station and learning all about having a radio programme and a podcast all at once. It has been an amazing experience, and now it is finally time to release it into the big World.



We talk about mental health in our community, about suicide prevention, about listening, about boundaries and self-care, about family, friends, pets, and just about diving deeper into the work the Crisis Centre does. Couch Conversations is just what it sounds like: a comfy visit between two friends as they share their passion for community care and bounce ideas around, sometimes with laughter and always with their hearts leading the discussion.

It is now time for more people to have the opportunity to listen. Enjoy!

Tune in on Thursdays at 7pm on 88.7FM CFURadio or search "Couch Conversations Crisis Centre for Northern BC" on Spotify to listen anytime!

Episode Guide:
Episode 1: Mental Health
Episode 2: Connection
Episode 3: Boundaries
Episode 4: Self-Care

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:

Volunteer Training

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.

Please contact our Team Lead at information@crisis-centre.ca to apply or for more information.

ASIST Workshop

(Applied Suicide Intervention Skills Training)

Dates: October 7th & 8th

Location: UNBC Prince George

Please contact Jody Stronstad at community.education@crisis-centre.ca to register.



UPCOMING EVENTS:

SOLES REMEMBERING SOULS MEMORIAL WALK

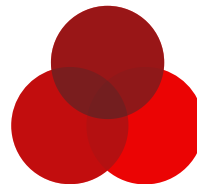
This event was put together as a way to remember those lost to suicide and to bring the community together. The evening begins with opening remarks, light refreshments, and a discussion about how to get involved in creating suicide-safer communities.

At Soles Remembering Souls, we will gather in honour of those lost to suicide, and support survivors of suicide loss. Taking a walk in the garden, attendees will find placards with pictures of people who have died by suicide that include five things their loved ones would like them to be remembered by.

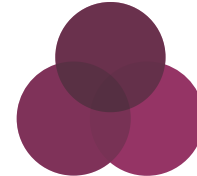
The event will take place on **Thursday, September 25th, from 6pm to 8pm** at the Lheidli T'enneh Memorial Park Bandshell.

If you would like your loved one to be memorialized at the event, please go to our web page (crisis-centre.ca/events/) to register.

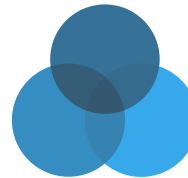
WHAT COLOUR SPEAKS TO YOU?



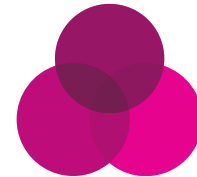
Passion
Excitement
Love



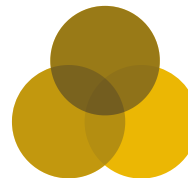
Mysterious
Noble
Glamorous



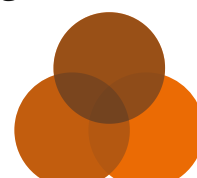
Wisdom
Hope
Peace



Soft
Reserved
Earthy



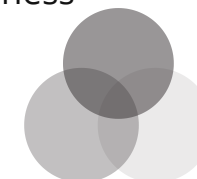
Hope
Joy
Danger



Warmth
Joy
Kindness



Nature
Growth
Freshness



Truth
Indifference
New

..... 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
- Suicide Crisis Helpline: **9-8-8**, 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