

**Prince Albert Grand Council is proud to host
THE POWER OF YOUTH: Suicide Prevention Training Event**

Background Information

“The Power of Youth” will be a dynamic training opportunity for youth, frontline workers, Elders, mentors and parents, which will include topics addressing suicide prevention through new knowledge, honing leadership skills and learning to express ourselves through music and drama. There will be a strong cultural component as well.

The aim is to empower youth to ask: What can I do to make a difference? And to supply them with the tools they may need which includes Elders and frontline workers to support the youth as mentors or the guides at the side as they learn to become strong leaders in their communities.

This event will take place in Prince Albert at St. Mary’s High School, on March 20 & 21, 2010 from 9 AM – 4 PM. There are only 150 spots available. The event is open to youth between the ages of 15 and 29 from Northern Saskatchewan. It is not limited to PAGC youth or First Nation youth.

This will be a two day event. Each participant will attend four half day workshops. These workshops will involve the participants so as new skills may be added to their tool kits. This is not meant to be a sit down and listen to lecture event.

Frontline workers, mentors and parents will learn skills to better prepare them when working and interacting with youth.

1. **safeTALK:** all participants will be trained in safeTALK and given a certificate which is internationally recognized. safeTALK teaches participants to be alert to persons who may be at risk of suicide and how to listen and help them find resources better able to support them as they choose LIFE. We have worked with LivingWorks to develop three vignettes that are more realistic to life as First Nation’s people. These vignettes will be used for the first time at our training event.
2. **DRAMA/Music:** various exercises that allow us to explore difficult issues in a non-threatening way.

On Saturday evening, we will gather to participate and experience Power Plays developed and performed by Little Red First Nation community members of all ages.

3. **VIOLENCE:** Family violence, role of addictions, bullying, negative behaviours, and abuse may be some of the topics covered.

4. **LEADERSHIP:** What can I do to make a difference? What is needed to be a good youth leader? What do we mean by youth engagement?
5. **CULTURAL AWARENESS:** Sharing of Cree and Dene traditions and teachings by Elders and youth. Iron Swing and a Dene Drum Group from Hatchet Lake will be helping us out.
6. **Blu and Rez Inc** will be performing and teaching us how to RAP.

We invite two youth from each community to attend. Youth must be accompanied by a frontline worker. Interested youth and frontline workers must apply to attend before **March 1, 2010. Please do not come unless you are able to make a full commitment to the event. I have included application forms, hotel listings and other information as part of the package found on the PAGC website: www.pagc.sk.ca.**

This event has been planned by youth and frontline workers from five PAGC communities. They have worked very hard to make this event the best it can be.

There is no registration fee, but participants will be responsible for their own travel and accommodation and meals. Lunch and snacks will be provided each day.

If suicide prevention is a priority, those interested in participating in the training event will find a way to be there. We have room for 150, so apply early to avoid disappointment.

Any questions or concerns please give me a call.

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