



Emotional Health and Well Being Training Calendar North Antrim and Coleraine 2016/2017. NACN and CRUN are committed to increasing community involvement in suicide prevention and emotional health and wellbeing activities. We have worked in partnership with a number of key service providers to offer various training opportunities. Sessions have been funded by the Public Health Agency. These sessions are for gatekeepers who live and/or work in the localities of Ballymena, Ballymoney, Larne, Moyle and Coleraine. To register your interest please contact Amanda Elliott, Suicide Prevention Development Officer E: amanda@nacn.org

TRAINING	CONTENT	DATE	TIME	VENUE
Internet Safety Workshop	You'll learn about: how children use the internet and technology, the risks they face from other people - both other children and adult offenders, behaviour by children that exposes them to greater risks online, what to do if children experience issues such as cyber bullying or grooming, how to make organisations safer places for children to go online. Facilitated by Liz Gibbons	21 st June 2016	7:00PM – 8:30PM	Broughshane House Main Street Broughshane
Internet Safety Workshop	You'll learn about: how children use the internet and technology, the risks they face from other people - both other children and adult offenders, behaviour by children that exposes them to greater risks online, what to do if children experience issues such as cyber bullying or grooming, how to make organisations safer places for children to go online. Facilitated by Liz Gibbons	23 rd June 2016	7:00PM – 8:30PM	CRUN 1 Brook Street Coleraine
Understanding Self Harm	Aims to increase knowledge, understanding and confidence in working with issues of self-harm, and suicidal ideation and behaviours. Facilitated by ZEST	12 th September 2016	9:30AM – 4:30PM	Ballygally Community Association Coast Road Ballygally
Dementia Friendly Communities	Develop your knowledge of dementia; Increase your confidence and skills to help you relate, communicate and support someone with dementia; Become a Dementia Friend. Facilitated by Alzheimer's Society	11 th October 2016	9:30AM – 4:30PM	Ballygally Community Association Coast Road Ballygally
Understanding Self Harm	Aims to increase knowledge, understanding and confidence in working with issues of self-harm, and suicidal ideation and behaviours. Facilitated by ZEST	10 th October 2016	9:30AM – 4:30PM	The Millennium Centre Shore Road Loughiel
Bereavement Training	This training will focus on adult bereavement in the morning and Child bereavement in the afternoon. Facilitated by CRUSE and Barnardo's	16 th November 2016	9:30AM – 4:30PM	CRUN, 1 Brook Street Coleraine
Bereavement Training	This training will focus on adult bereavement in the morning and Child bereavement in the afternoon. Facilitated by CRUSE and Barnardo's	23 rd November 2016	9:30AM – 4:30PM	The Millenium Centre Shore Road Loughiel
OCN Take 5 Ways to Wellbeing	To raise awareness of the Take 5 initiative; to encourage gatekeepers to disseminate and share this information within their communities to help support and build capacity. Facilitated by Education Matters.	10 th & 31 st January 2017	9:30AM – 4:30PM	Broughshane House Main Street Broughshane
Anger Management	To raise awareness that suppressed anger can be an underlying cause of anxiety and depression; to teach us how to deal with Anger in a healthy way. Facilitated by Zest for Life.	15 th February 2017	10:30AM – 4:30PM	Broughshane House Main Street Broughshane
Understanding Self Harm	Aims to increase knowledge, understanding and confidence in working with issues of self-harm, and suicidal ideation and behaviours. Facilitated by ZEST	3 rd March 2017	9:30AM – 4:30PM	CRUN 1 Brook Street Coleraine