

# Learn the skills to save a life.



ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. Over a million people around the world have participated in this award-winning program.

Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You don't need any prior training to attend ASIST—just a willingness to make a difference.



[www.livingworks.net](http://www.livingworks.net) | 403.209.0242 or 1.888.733.5484 (toll free) | [info@livingworks.net](mailto:info@livingworks.net)



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