



## FREE EVENT: 2-DAY APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

FOR LATINE/A/X AND SPANISH-SPEAKING (BILINGUAL/MONOLINGUAL) HEALTH WORKERS

◆ LIVE INTERPRETATION AVAILABLE ◆

**Date & Time:** Thursday, April 24 | 8:15 AM - 4:30 PM and  
Friday, April 25 | 8:30 AM - 4:30 PM

- ✓ Attendance on both consecutive days is required for certification.
- ✓ 14 Continuing Education Units (CEUs) available
- ✓ group activities and discussions will be facilitated in Spanish. This is a requirement for participation in this training.

**Location:** Virginia Garcia Beaverton Wellness Center Address: 2725 SW Cedar Hills Blvd, Ste 200, Beaverton, OR 97005

- ◆ Refreshments and light snacks provided
- ◆ Participants may bring microwave-friendly meals and snacks
- ◆ Various food options are available in the Cedar Hills Beaverton area.

### Training Description:

This in-person, two-day ASIST workshop is presented through a partnership between Virginia Garcia Memorial Health Center and the Association of Oregon Community Mental Health Programs (AOCMHP) and LivingWorks ASIST trainers. ASIST is an evidence-based training designed to equip individuals with suicide first-aid intervention skills using the LivingWorks Pathway for Assisting Life (PAL) model. Participants will:

- ✓ Recognize when someone may be experiencing suicidal thoughts
- ✓ Engage in discussions on suicide prevention
- ✓ Develop collaborative safety plans
- ✓ Participate in scenario-based group activities (Active participation is required)

Who Should Attend?

**This training is exclusively for bilingual and Spanish-speaking individuals, including:**

Virginia Garcia Employees: Administrators, counselors, social workers, mental health specialists, behavior specialists, and student support personnel

Community Partners: Mental health professionals, social service staff, skills trainers, law enforcement, juvenile justice professionals, and others who work with individuals in crisis

Priority Enrollment: Due to limited capacity (15 spots), priority will be given to those who have not completed ASIST training in the past two years.

Accommodations: If you have additional accommodation needs, please contact:

Heidy Bywaters-Noriega | [heidy.bywaters@lifeworksnw.org](mailto:heidy.bywaters@lifeworksnw.org) 503-964-8059

ASIST Trainers:

- ◆ Heidy Bywaters-Noriega, QMHA
- ◆ Perla Estrada, LCSW
- ◆ Sponsored by: Virginia Garcia Memorial Health Center & AOCMHP & LIVINGWORKS ASIST Trainers

Registration: <https://forms.office.com/r/deQeBdW9Rd>



ASSOCIATION OF OREGON  
COMMUNITY MENTAL  
HEALTH PROGRAMS



Virginia Garcia Memorial  
HEALTH CENTER