



**Youth Suicide Action Group  
Befriending Training Program**

**Weekend Sessions held at:**

Aspire, A Pathway to Mental Health  
190 Charles Street, Launceston (old Fee & Me Building)

**Cost of Training: \$50pp or \$25pp with concession (student, pension, HCC etc)  
Payable at the first session.**

**Saturday 4<sup>th</sup> February 2012**

**9.00am– 11.30am Understanding Ourselves & Others – Verity Tunevitsch**

- Introduction – what inspired you to become involved?
- Youth Suicide Action Group Inc – A bit about us
- The program
- Understanding ourselves & others– A beginning

**11.30-12.30pm – Lunch (BYO)**

**12.30pm-2.15pm Self Awareness – TBC**

- Your physical reactions to sensitive issues
- Making non-judgmental response
- Recognizing Feelings

**2.30pm -4.30pm Active Listening Part #1 – Verity Tunevitsch**

- What is active listening

**Sunday 5<sup>th</sup> February 2012**

**9.00am Welcome – Verity Tunevitsch**

**9.15pm -12.00 Eating Disorders – TBC**

- What is an eating disorder
- Why it is important for us to know about them

**12.00pm – Lunch (BYO)**

**12.30- 2.30pm Networks of Care – Verity Tunevitsch**

- What services are out there in our community
- How do we talk to young people about these services

**2.45- 4.30pm Self Care – Verity Tunevitsch**

- What is Self Care
- Why it is important

**To register your name for the training or for more details please contact:**

**Verity Tunevitsch**

**0409 817 770 or [training@timeout.org.au](mailto:training@timeout.org.au)**



- Strategies to look after yourself

### Weeknight sessions

#### Held at the Time Out House

*(The Time Out House is a confidential location and will be advised once participants have attended the weekend sessions)*

**Monday 6<sup>th</sup> February 2012**

**\*\*House Orientation at 5.30pm\*\***

**6pm-8.30pm**

#### **Grief & Bereavement – Verity Tunevitsch**

- What is Grief & Bereavement
- Stages
- How to talk with someone who is grieving

**Tuesday 7<sup>th</sup> February 2012**

**6pm-8.30pm**

#### **Youth and Youth Suicide – TBC**

- Problems of youth
- Our attitude to suicide
- Warning signs and risk factors
- Personal experiences

**Wednesday 8<sup>th</sup> February 2012**

**5.30pm-8.30pm**

#### **Session 9: Time Out Administration & Interviews – Verity Tunevitsch, Netti Kerrison & Garrett**

##### **Quill**

- Legal Responsibility and Liability
- Referral of clients
- Confidentiality
- Mandatory Reporting
- Paperwork
- Good Goodbyes
- **Interviews to be conducted by board members and employees of YSAG**



**Graduation – Thursday 9<sup>th</sup> February – 7.00pm**

*Volunteers are expected to attend 90% of training in order to graduate.*

*Family and Friends invited to an informal cocktail party at the House.*

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It is important that volunteers understand that if successful and chosen by Time Out to become a volunteer, that this course provides only the first step and foundation for volunteers to improve and maintain skills. To be a valued volunteer Time Out requires a commitment to ongoing training, regular shifts and development with the organisation.

Time Out reserves the right to accept or decline if a trainee becomes a befriender in The House.

**We hope you enjoy this training program and become a valued volunteer for Time Out.**

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