

# "Kaua'i It's Time To Talk About It"

## *Suicide Prevention Workshop for Parents*

Hosted by Kapa'a Pediatrics



Wednesday evening and Saturday morning workshops will be held at the Kaua'i Veterans Memorial Hospital (KVMH) in Waimea and the Lihu'e Luthern Church in Lihu'e & North-East locations TBD beginning June 2nd, 2021 through June 26th, 2021

***Are you a parent or caretaker to a child between 12-18 years old?***

**Join us to talk story & learn about:**

- Teen depression and how to recognize it
- How to know the warning signs and risk for suicide
- How to have those hard conversations with your child about their mental health
- How to support your child during a mental health crisis
- Local resources for youth crisis intervention and services

### ***Our Presenters:***



**Dr. Jesse Lam, M.D.**  
Kapa'a Pediatrics



**Chany Hamilton, Licensed Clinical Social Worker and Doctor of Behavioral Health Candidate**

Our workshop lead, Chany Hamilton, is a community-based mental health provider and Social Work instructor for UH Mānoa. With more than 8 years of providing youth and families with suicide intervention and crisis support, her direct work in the community has given her a unique experience and passion to foster resilience in families and prevent suicide on Kaua'i.

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**Call or text Kapa'a Pediatrics at (808) 634-8011 to register or for information**

All workshops are FREE, but space is limited to adhere to COVID-19 safety precautions

Masks will be required