

CHIMO CRISIS SERVICES

CHIMO prevents tragedies and saves lives. CHIMO strengthens individuals, families, and communities and connects people with needed community resources.

Providing diverse services from individual crisis support to advocacy, from newcomer assistance to prevention and education, CHIMO responds to people from different cultural backgrounds, age groups, family lifestyles, and economic situations.

CHIMO | CRISIS SERVICES



WALKING WITH PEOPLE THROUGH CRISIS
HELPING PEOPLE MAKE SOUND CHOICES

CHIMO | CRISIS SERVICES

All presentations are FREE

To book a presentation,
please contact:

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CHIMO
COMMUNITY EDUCATION

PIECE OF MIND WORKSHOPS LIFE EDUCATION FOR YOUTH

BUILDING SOCIAL AND EMOTIONAL
AWARENESS, KNOWLEDGE, AND CAPACITY
AMONG ADOLESCENTS

HELPING YOUNG ADULTS MAKE SOUND
CHOICES

SHAPING HEALTHY LIVES FOR BOTH THE
PRESENT AND THE FUTURE

Funding provided by:

BC Gaming

City of Richmond

Corporate and Community Grants
and Donations



Leader of the Richmond
White Ribbon Campaign

SUICIDE AWARENESS

Audience: Grade 9

Complement Classes:

English, Planning, and Active Health

Through this interactive presentation, students gain an awareness of warning signs, risk factors, and feelings of suicide. Students will also develop the skills to help someone who may be experiencing a crisis or is suicidal. This workshop gives students a safe environment to talk and learn about suicide through a video and activities.

"What I didn't know before is that suicide is the second leading cause of death for 15 to 24 year olds."

HOW TO LISTEN, HOW TO HELP

Audience: Grade 8

Complement Classes:

Active Health, Planning, and Leadership

This workshop equips students with the basic communication and helping skills. Through activities, interactive discussions, and role-plays, students will learn and practice effective communication skills, active listening, assertiveness, and how to help someone who may be going through a crisis. This workshop can be booked on its own or can be booked as a complement to our Suicide Awareness, Managing Your Stress, or TRAP workshops.



*"Young women who had not participated in a school abuse prevention program in childhood were about twice as likely to have experienced child sexual abuse as those who had participated in a prevention program."
-Gibson & Leitenberg*

TEEN RELATIONSHIP ABUSE PREVENTION (TRAP)

Audience: Grade 8

Complement Classes:

Active Health, Planning, and Leadership

The TRAP workshop creates awareness of healthy and unhealthy relationships. Students learn about relationship abuse, gain skills to better identify an unhealthy relationship, and learn how to help someone else who may be in one. This workshop creates a safe environment for students to discuss this sensitive topic through the use of group discussion, videos, and small group activities. This workshop uses a peer-to-peer model, where senior high students and young adults deliver the workshop to younger students.

"TRAP taught me the early signs of an abusive relationship. The presentation was fun and interesting."

STRESS SENSE FOR ESL CLASSES

Audience: ESL Level 3 and 4

Complement Classes: ESL

An interactive presentation designed to create a safe place for students to identify and talk about their stressors, and learn how extreme stressors can be risk factors for suicide. In addition, they learn about depression and how to manage stress. The session wraps up with an activity on how to help a friend who might be in crisis. Stress Sense for ESL Classes is specifically designed for ESL students, and creates safe learning opportunities through innovative activities that engage students by defining new vocabulary, working in small groups, and participating in group discussions.

MANAGING YOUR STRESS

Audience: Senior High School Students

Complement Classes: Planning and Leadership

A fun and insightful presentation aimed at helping senior high school students recognize stress levels and gain useful stress management and coping skills. Some of these skills include effective time management, organization, and assertiveness. These skills are essential in managing and coping with everyday stress, as well as the added stress during exams, final projects, and beginning of life after high school.