



centre for  
suicide prevention

# The connections that strengthen our community

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## A message from the Board President and Executive Director

“... a meaningful connection with other people – or even one, single individual – can prove to be both life-affirming and life-saving” (excerpted from *iE14: Social Connectedness and Suicide Prevention*, a Centre for Suicide Prevention publication). ¶ Connection is the essence of our work at the Centre for Suicide Prevention. For more than 35 years we have been educating the community that anyone can be the person who helps a person at risk of suicide. Meaningful personal connections matter. Astute and timely connections can save lives. ¶ But macro-level connections are also key because suicide prevention is collaborative work. For the past several years, Centre for Suicide Prevention has been rekindling old and forging new relationships across vulnerable populations, organizations and governments. Collaborative efforts with hundreds of Alberta agencies, and with specific groups such as the Mental Health Commission of Canada, the Public Health Agency of Canada, the Canadian Association for Suicide Prevention and the Government of Alberta allow us to influence policy and reach a wide audience with our message. Knowledgeable and coordinated community connections strengthen our mutual efforts to eradicate suicide. ¶ Come connect with us. We are a centre of excellence in Canada, driving suicide prevention dialogue at the grassroots and macro policy levels. Together we can be life-affirming. Together we can reduce suicide.

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CARMELLE HUNKA  
President, Board of Directors

MARA GRUNAU, BEd, MPA  
Executive Director

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# Our people

Mara Grunau  
*Executive Director*

Diane Yackel  
*Executive Advisor*

Tammy Bogdane  
*Executive Assistant*

Hilda de Boer  
*Workshops Coordinator*

Miriam Groot  
*Trainer Liaison*

Mona Meng  
*Registrar*

Robert Olson  
*Librarian & Writer*

Karin Lavoie  
*Librarian & Curriculum  
Coordinator*

Hilary Sirman  
*Impact & Engagement Director*

Brenda Ann Taylor  
*Communications Advisor*

Crystal Walker  
*Communications Coordinator*

## VOLUNTEERS

Andrew Bone  
Marlene Deimert  
Merle Deimert

## BOARD MEMBERS

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*Director*

22 **2 ADDED THIS YEAR** 276 **FACEBOOK LIKES**  
22 **IE: INFOEXCHANGE OPINION-EDITORIAL COLUMNS PUBLISHED**

44,696 **ITEMS IN OUR RESOURCE LIBRARY** 550+ **ACQUISITIONS THIS YEAR**

68 **INTERVIEWS GIVEN TO MEDIA** 16 **RESOURCE TOOLKITS PUBLISHED**

14,500 **TWITTER FOLLOWERS** 3 **ADDED THIS YEAR**

100,000+ **WEBSITE VISITS** 3,500 **NEW FOLLOWERS THIS YEAR**

1,400+ **E-MAIL LIST SUBSCRIBERS**

465 **WORKSHOPS HELD** 7 **SUICIDE AWARENESS PRESENTATIONS GIVEN**

120 **RESEARCH INQUIRIES** 85,000+ **PARTICIPANT LEARNING HOURS**

8,400+ **PARTICIPANTS IN OUR WORKSHOPS**

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# Donors and Sponsors

We can't do the work of suicide prevention alone; we rely on our donors and sponsors to help us make suicide prevention a reality.



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