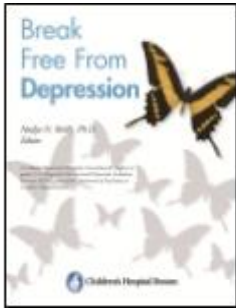


**Boston Children's Hospital Neighborhood Partnerships  
and the  
Swensrud Depression Prevention Initiative  
would like to announce two upcoming free trainings on the  
*Break Free From Depression* curriculum.**



**October 11, 2013**

9:00AM-4:00PM

785 S. Main Street

Raynham, MA

Hosted by Bristol County Regional  
Coalition for Suicide Prevention

**November 8, 2013**

9:00AM-4:00PM

Boston Children's Hospital at Peabody  
Peabody, MA

Developed at Boston Children's Hospital, Break Free from Depression is a curriculum designed to increase adolescents' awareness about depression, teach them how to recognize it in themselves and in their friends, and give them strategies for finding help. The 4-session curriculum for high school students features a compelling documentary that focuses on a diverse group of adolescents talking about their struggles with depression and suicide. We learn of their symptoms, the course of their illness, and the methods they use for coping through their own words.

This training is tailored towards **high school personnel and/or community health providers partnered with high schools** who are focused on health services such as social workers, psychologists, guidance counselors, pupil adjustment counselors, school nurses, other mental health professionals, health teachers, and other staff. Participants will be introduced to the Break Free from Depression curriculum and trained to facilitate it in their school settings. Participants will also learn about adolescent depression and suicide as a public health concern as well as how to identify early warning signs in their students.

To register, please click on [Train the Trainer Registration](http://www.bostonchildrens.org/breakfree) ([www.bostonchildrens.org/breakfree](http://www.bostonchildrens.org/breakfree)).

For more information, please contact Molly Jordan, LICSW  
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or visit: [bostonchildrens.org/breakfree](http://bostonchildrens.org/breakfree)