# PCTI SBYS Teen Center

**Week of: 9/7/20**

*(Activities are posted to Google Classroom, please participate at a time of your choice)*

*(Conference call # 978-990-5123. Please email mguerra@pcti.tec.nj.us to obtain the access code and instructions for conference calls, and then dial in to join us)*

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<th>Monday 9/7/20</th>
<th>Tuesday 9/8/20</th>
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| **Labor Day** | 1. **3PM - 3:30PM Conference Call:** SnackChat - check in with staff while enjoying a snack  
2. **Suicide Prevention:** Myths vs. Facts about suicide (Google Classroom upload)  
3. **Survivor Stories:**  
http://suicidepreventionlifeline.org/stories/  
https://walkinourshoes.org/ |
| **No Programming** | |

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<th>Wednesday 9/9/20</th>
<th>Thursday 9/10/20</th>
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| 1. **4pm- Zoom Rally to Save SBYSPs**  
2. Suicide Prevention: Recognizing signs a friend may be suicidal (Google Classroom upload)  
3. YouTube about recognizing the signs:  
https://www.youtube.com/watch?v=JntB4ah4cF8  
4. Preventing suicide website:  
https://www.suicidespreventable.org/ | 1. **3PM - 3:30PM Conference Call:** SnackChat - check in with staff while enjoying a snack  
2. Suicide Prevention: How to talk to someone who you think may be contemplating suicide (Google Classroom upload) |

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<th>Friday 9/11/20</th>
<th>Other Services Available:</th>
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| 1. **3PM - 3:30PM Conference Call:** SnackChat - check in with staff while enjoying a snack  
2. Suicide Prevention: Coloring activity and resource lists and information for anyone who is contemplating suicide (Google Classroom upload) | All programs and services are available through our Google Classroom for PCTI Teen Center participants or by contacting a staff member via phone or email.  
❖ Mental Health Counseling Support Services  
❖ Employment Services  
❖ Resources & Information  
❖ Prevention Education  
❖ Academic Assistance |

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