

## London-Middlesex Suicide Prevention Council (LMSPC)

**Mission Statement:** To reduce suicide and suicidal behaviour, and its impact on individuals, families and communities.

**Description:** The LMSPC is a council comprised of volunteers representing organizations that deliver suicide prevention, support and/or treatment programs as well as survivors of suicide. It has been in existence since 1990.

**The LMSPC aims to achieve its mission by:**

- \* Providing public awareness, education and advocacy in regards to suicide risk and prevention.
- \* Providing opportunities for skill development that addresses suicide awareness, intervention, support and treatment.
- \* Supporting the appropriate allocation of resources to support a full range of consumer-centered services to individuals and families.
- \* Addressing stigma and discrimination experienced by individuals who have attempted suicide or the family members of those who have died by suicide.
- \* Promoting and supporting collaboration among service providers.

**email us:** [info@lmspc.ca](mailto:info@lmspc.ca)

**more information:** [www.lmspc.ca](http://www.lmspc.ca)

**donate online:** [www.CanadaHelps.org](http://www.CanadaHelps.org)



LONDON-MIDDLESEX  
**Suicide Prevention Council**

**8<sup>th</sup> Annual**

***'Lifting the Silence'***

**Memorial Walk & Ceremony**

**7pm, September 10<sup>th</sup>, 2013**

**Victoria Park**

**London, ON**

**2013 Theme:**

***Stigma: A Major Barrier to  
Suicide Prevention***

### **6:30pm – 7pm Opening Music by The Allens**

THE ALLENS released their debut album to a sold out Aeolian Hall crowd. The disc was dubbed #3 on the London Free Press TOP 10 releases of 2012. It also won the 2012 Local Album of the Year award on 94.9 CHRW. From humble beginnings on high school and small town stages, this band from 'the Forest City' has exploded into Ontario's most respected venues. Rich vocal harmonies, blue-collar lovesick anthems and a frenetic stage presence are what you can expect from an ALLENS show.

### **7pm Welcome:**

MC Julie Varley ~ *Lifting the Silence Walk Committee*

### **Smudging Ceremony to Open the Evening:**

Bill Hill ~ *Ro'nikonkatste (Standing Strong Spirit) is a Mohawk from Six Nations. He has worked at Regional Mental Health Care - London since 1982 in the disciplines of Nursing, Social Work, Education and in conjunction with Spiritual Care. Bill is a drum maker, and uses drums to send out kind spirit energy, through song, and the voice of the drum.*

**Walk to Remember:** Join us as we walk together in memory of our loved ones lost to suicide ~ *We will place the shoes in memory of our loved ones along the front of the Kivanis Memorial Band-shell Stage at the conclusion of the walk to remember. ~*

### **Keynote Speaker:**

Mitch Lesperance ~ *Mitch has been a social worker for over 30 years. He has been trained in trauma response care and has worked with school age youth and families in the area of mental health. He has weathered the many losses over these years with families who cannot comprehend the profound loss when a family member or friend finds suicide as the final solution to their complex life situations. Utilizing a faith foundation, compassion, clinical skills and humour, he like other clinicians have helped families move through this chapter in their stories. With the supports within the community along with family and friends, discernment is often found much later and with it the relief of re-embracing life.*

### **Music & Reflection:**

Brent Hebert ~ *Brent has a Bachelors degree in sociology with a minor in psychology from King's College. The middle son of three, he lost his younger brother Alex to suicide in January of 2009. He is pursuing a music career with The Allens as well as with his solo material. He also plans on getting into social work and music therapy next year.*

### **Reading of the Names:**

Mary Patterson ~ *Lifting the Silence Walk Committee*

### **Moment of Silence**

### **Closing Remarks:**

Lynda Cowie ~ *Project Coordinator, London-Middlesex Suicide Prevention Council*

### **Closing Song:**

Brent Hebert

Please stay to enjoy some light refreshments, talk with others and peruse the resource table. Take a moment to view the Photo/Story Exhibit the LMSPC launched on September 10, 2011 ~ in which survivors of suicide tell their stories. This local project was inspired by *Collateral Damage: Images of Those Left Behind by Suicide* - a national project by Scott Chisolm, which will be a book of portraits, website & gallery exhibition telling the stories of people who have lost loved ones through suicide. For more information visit [www.leftbehindbysuicide.org](http://www.leftbehindbysuicide.org)

**Thanks To:** The Allens, Bill Hill, Mitch Lesperance and Brent Hebert for generously agreeing to be a part of the program this year ~ local Metro Stores for donating gift cards to help purchase refreshments ~ RBC Foundation for its continued support of this important community event ~ DuraMed for providing the wheelchairs this evening ~ Steve Stockwell for designing the poster ~ the dedicated volunteers of the Lifting the Silence Walk Committee for making this evening possible ~