

# Self-Injury Awareness Workshop

*I think my greatest fear is to be forgotten. A teacher I had last year doesn't even remember my name—it makes me think that no one remembers me. How do I know I exist? At least I know I exist when I cut. (Self-injury message board post)*

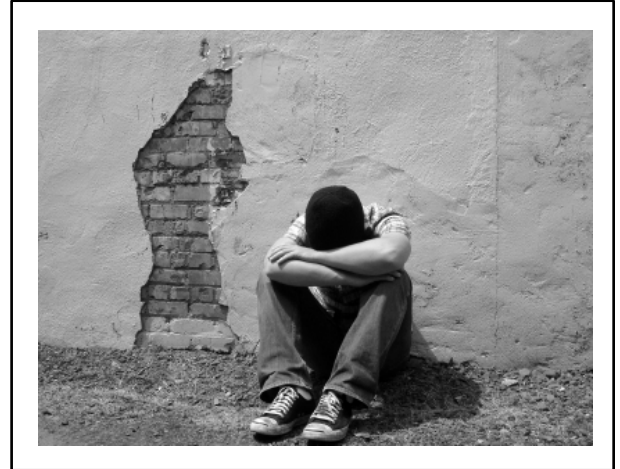
## THE PERSON WHO SELF-INJURES . . .

. . . may be tired of the intensity of the pain, anxiety, fear, or anger, but even more of the secret

. . . may need someone like you to be there to listen, because it has felt like no one ever has been

## You may already know someone who self-injures.

This workshop is for you . . . the friend, mentor, family member, youth leader . . . or any who know or work with hurting teens and want to consider how to support and encourage in ways that invite God into the picture



*He has reasons he hurts himself—painful reasons trapped inside with seemingly no place to go.*

- **The voices behind self-injury**

- **Current Trends**

- **You as a support person**

- **Resources**

- **Misconceptions**

- **SI Facts**

*By her own hand she's brought her inside pain to the outside. You see it now in the scars left from the injuries she's inflicted on herself.*



**This box is for specific details for the workshop scheduled for your organization, church, or community.**

**Location of your Church  
Address, City  
Phone # or other contact info**

**Date of workshop  
Time of Workshop**

**(charge/no charge)**

**Presenter: Jan Kern**  
Author of:  
Scars That Wound, Scars That Heal  
A Journey Out of Self-Injury  
Standard Publishing, 2007



For more info: [www.JanKern.com](http://www.JanKern.com) (see "workshop" page.)