



Mental Health Workshops

**Mental Health First Aid (MHFA) * QPR Suicide Prevention * De-escalation
* Mental Health and Substance Misuse Skill Building**

Interest Form:

Name: _____

Business/Organization Name: _____

Contact ph #: _____ Email: _____

Please check all programs in which you have interest:

- MHFA Adult Certification (7.5 hours) QPR Suicide Prevention Training (2 hours)
 De-escalation Training (2 hours) Mental Health/Substance Misuse Skill Building

INCLUDED IN FACILITATION COST:

- 🔥 All printed and presentation materials
- 🔥 Consultation in advance of workshop outlining specific goals, concerns and challenges
- 🔥 Workshop evaluation

NOT INCLUDED:

- 🔥 Venue, food, pens, nametags
- 🔥 Facilitator travel expenses and housing

Tracie Bernstein is a skilled facilitator with extensive experience providing collaborative, comfortable and outcome-driven spaces for mental health skill-building that gives participants agency in their role as community members, colleagues, family and neighbors.

Contact Tracie today to schedule a training in one of these essential skills.

Return via email to Tracie Bernstein, Director of Nourishing the Soul Workshops

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www.NTSworkshops.com/mentalhealth

