



Foundation 2
Crisis Services



Community Wellness



CORES

Center of Response, Education & Support

Lunch & Learns

Choose from a menu of topics about mental wellness or suicide prevention. Individualized mental wellness trainings are also available for Lunch & Learns.

- 🕒 Format: 1 hour
- 💰 Cost*: \$100. Additional fees apply for individualized Lunch & Learns

Mastering the Stress Cycle - *Practical Strategies for Wellness*

Understand the stress cycle to help break the cycle of chronic stress and develop healthier coping mechanisms.

- 🕒 Format: 90 minutes
- 💰 Cost*: \$250

ASIST

Learn how to recognize when someone may be contemplating suicide, and how to intervene and develop a plan to keep them safe. Suitable for ages 16+.

- 🕒 Format: 2 consecutive days, 8 hours each
- 💰 Cost*: Estimate of \$150 per person

safeTALK

Become more alert to someone thinking of suicide and learn how to connect them with further help.

- 🕒 Format: 3-4 hours
- 💰 Cost: \$300 trainer time plus \$70 per person (includes materials)

Understanding Mental Health Crises & Suicide Intervention

Build awareness, confidence and skills to effectively recognize, respond to and support individuals experiencing a mental health crisis or suicidal distress.

- 🕒 Format: 1 hour
- 💰 Cost: \$100

Crisis Intervention & De-Escalation

Gain practical skills to recognize, respond to and safely de-escalate individuals experiencing a crisis.

- 🕒 Format: 3 hours
- 💰 Cost*: \$350

Foundation 2 Crisis Services Basics

Learn about Foundation 2 Crisis Services' mission, impact and services. This session will detail each program and explain how to access these supports.

- 🕒 Format: 1 hour
- 💰 Cost: No cost

Don't see what you're looking for? We can craft a custom training for your group. Use the QR code or [visit our website](#) to get started.

