



A Safe and Sacred Space

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Mental Health First Aid (MHFA) training is similar to CPR for physical first aid, and the national certification through the National Council for Behavioral Health is earned via the 8-hour training course. Classes can be as large as 30 students with certified instructors. Group sessions and individual registrations are available.

DaySpring is the perfect setting for the one-day training, with our state-of-the-art facilities and access to 97 acres of natural resources and contemplative spaces for walking and quiet reflection. Lodging is available for overnight stays with an advance reservation. With referrals to our certified MHFA instructors, group planners can easily add on a day of MHFA training to enhance their experience at DaySpring.

As our communities recover from the challenges of a pandemic and build resiliency within ourselves and our teams, DaySpring is committed to hosting both private group and monthly open-registration classes for individuals at our safe and sacred place. Join us in this important initiative.

UPCOMING COURSES:

- FRIDAY, APRIL 23, 2021
- THURSDAY, MAY 13, 2021
- THURSDAY, JUNE 10, 2021
- FRIDAY, JULY 16, 2021

Interested? Go to www.dayspringfla.org/mentalhealth for more information

