



www.threedimensionsolutions.org

Mental Health



Solutions

Come Train With Us!


Mental Health Training


We provide training programs and workshops, virtual and in-person, to educate community members, educators, and caregivers about mental health awareness, early intervention, and supportive practices.

Our programs cover topics such as recognizing signs of distress, offering peer support, and accessing professional help. Training can be requested in the following areas: trauma-informed care, suicide prevention and intervention, building social and emotional skills/coping skills, de-escalation and crisis support, mental health awareness, and wellness and stress management.

Be Bold Be Brave!
Empowering Young
Minds-Mental Health
Awareness Training

Be Bold Be Brave!
Supporting Strong
Hearts- Social,
Emotional, and Coping
Skills Training for Kids

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