

Belinda Kock LPC NCC, CT

10488 Rolling Valley Drive, Cottondale, AL 35453
(334) 324-8977
Belindak@free2grieve.com
www.free2grieve.com

Training Price List

Product	Time Commitment	Description	Student Price List	Speaker/Training Fee
Adult Mental Health First Aid Blended Virtual	2 hour self online pre-work 7.5 hours Instructor Led Class (45 min lunch)	Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.	\$20 Per Person	\$500 per class
Youth Mental Health First Aid Blended Virtual	2 hour self online pre-work 6.5 hours Instructor Led Class (45 min lunch)	Youth Mental Health First Aid teaches you how to identify, understand ,and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18	\$20 Per Person	\$450 per class
Adult Mental Health First Aid Blended In-person	2 hour self online pre-work 7.5 hours Instructor Led Class (30 min lunch)	Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.	\$20 Per Person	\$550 per class
Youth Mental Health First Aid Blended In-person	2 hour self online pre-work 6.5 hours Instructor Led Class (30 min lunch)	Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18	\$20 Per Person	\$500 per class
QPR Suicide Prevention Virtual	2 hours	Question. Persuade. Refer. Three steps anyone can learn to help prevent suicide.	Free	\$100.00
QPR Suicide Prevention In-person	2 hours	Question. Persuade. Refer. Three steps anyone can learn to help prevent suicide.	Free	\$150.00
Grief and General Suicide Prevention Education Training	1-2 hours	Multiple Topics Available. Email for Information	Free	(In-person) \$100 per hour (Online) \$100 per hour (30 minute minimum)