

## Adult or Youth Mental Health First Aid Training – Registration Form

**Email** Completed Form to [lynne@eatmovegrow.us](mailto:lynne@eatmovegrow.us) or **Fax** to 985-369-3630

**Version:** \_\_\_ Adult Version \_\_\_ Youth Version **Class Type:** \_\_\_ In person \_\_\_ Virtual Blended \_\_\_ Blended In Person

(mark your choice of training option of version and class type)

<b>School/Organization Name /Parish:</b>			
<b>Training Location Address (if in person):</b>			
<b>Training Date</b>		<b>Training Time</b>	
		<small>Youth Version: 4.5 Hours Zoom option; 6.5 Hours In person option; 4.5 Hours Blended (in person part)          Adult Version: 5.5 Hours Zoom option; 8 Hours in person option; 5.5 Hours Blended (in person part)</small>	

*\*If training date is not already set, Lynne will contact you to schedule training date. Please provide contact information for primary contact to coordinate all details. \**

Primary Contact Name:	Primary Contact Email	Primary Contact Phone			
Participant First/Last Name	Email	Phone Number	Parish Live/Work	Pre Work Assigned (Office Use)	Prework completed (Office Use)
1					
2					
3					
4					
5					
6					
7					
8					
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11.					
12.					
13.					
14.					
15.					

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- **In-person trainings** are **6.5 to 7 hours of instruction time Youth/ 8 hours instruction time Adult** at the venue of your choice. Plans should be made to either allow time for participants to go get a lunch or you can have a lunch provided for them.
- For **Virtual trainings** the participants will complete **2 hours of pre course work** in their online accounts and then attend a **4.5 to 5 hour Zoom for Youth/ 5 to 5.5 hour Zoom for Adult** training on the scheduled date. This Zoom training date will be scheduled by the Primary Contact for your organization/school and Lynne Bourgeois, Youth Mental Health First Aid Instructor. Zoom training typically begins at 9:00 or 9:30 am depending on the option chosen to best suit your organization.
- For **Blended trainings**, participants will complete **2 hours of pre course work** in their accounts and then attend **4.5 to 5 hours of instruction time for Youth/ 5 to 5.5 hours of instruction time for Adult in person** at the venue of your choice. Details for the in-person segment will be scheduled by the Primary Contact for your organization/school and Lynne Bourgeois, Youth Mental Health First Aid Instructor.



**Eat Move Grow**  
Parishes

> Acadia Parish	> Catahoula Parish	> Pointe Coupee Parish
> Allen Parish	> Concordia Parish	> St. James Parish
> Ascension Parish	> Evangeline Parish	> St. Landry Parish
> Assumption Parish	> Jefferson Davis Parish	> St. Martin Parish
> Avoyelles Parish	> Lafourche Parish	> St. Mary Parish
> Beauregard Parish	> Plaquemines Parish	

If you have any questions  
please contact  
**Lynne Bourgeois**  
at 985-519-3362