



## **“IT’S TIME TO GET UNCOMFORTABLE”**

**BRINGING AWARENESS TO LIFESTYLE ISSUES AND FOCUSING ON THE PATH TO PREVENTION, RECOVERY AND SUPPORT**

This course will introduce students to lifestyle issues, which include but not limited to, substance abuse, stress, behavioral health disorders, suicide prevention, that impact many daily both on the jobsites and at home. The course and instructors will provide the tools on how to start a Members Assistance Program and provide the skills to recognize when there is an issue, react to the issue and recommend the person to a higher level of care.



**Four Day Brand  
New Training  
Course**

**Student will Learn  
how to Build a  
Members  
Assistance  
Program**

**Nationally  
Recognized  
Certificate upon  
Completion of the  
Course**

**IUOE TRAINING CENTER**

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