

About the LUK Community Training Academy

LUK Community Training Academy provides community-based workshops to any organization in Worcester County. If you would like to learn more, contact Training@LUK.org or visit our website:
www.luk.org/service/community-education/

To book any of these workshops for your organization, scan the QR code below and fill out the request form to get started!



OR VISIT:

<https://luktrainingrequest.freshdesk.com/support/tickets/new>

LUK, Inc. offices located at:

545 Westminster St., Fitchburg, MA 01420
40 Southbridge St., Worcester, MA 01608
99 Day St., Fitchburg, MA 01420
251 Main St., Webster, MA 01570
140 Shrewsbury St., Boylston, MA 01505
Young Adult Resource Centers:
11 Elm St., Fitchburg, MA 01420
210 Lincoln St., Worcester, MA 01605

LUK, Inc. is a nonprofit multiservice agency dedicated to improving the safety, health, and emotional well-being of youth, families, and adults. As a community-based organization, LUK offers an array of child and family services throughout Central Massachusetts.



LUK Community Training Academy

Nashoba Valley Region Trainings



*Building Stronger
Communities,
Family by Family*

545 Westminster Street
Fitchburg MA
800-579-0000
LUK@LUK.org
LUK.org

Mental Health First Aid

Adult Mental Health First Aid

Adult Mental Health First Aid is a training course that teaches everyday people how to recognize the signs and symptoms of mental health challenges or crises in adults.

Certification upon completion

Youth Mental Health First Aid

Youth Mental Health First Aid is designed for adults (18+) who work with or care for young people under 18. In this course, participants learn a five-step action plan to help recognize when a youth may need mental health support or is experiencing a mental health crisis.

Certification upon completion



101 Courses for the Whole Community

Self Care 101

This training provides essential skills for individuals to prioritize their well-being, including practical strategies to manage stress, enhance mental and emotional resilience, and establish healthy routines.

Substance Use Prevention 101

Substance Use Prevention 101 training provides essential knowledge about the causes, effects, and prevention strategies related to drug and alcohol use and abuse.

Mental Health 101

Mental Health 101 for Caregivers is a brief training designed to equip caregivers with essential tools to support individuals in their care who may be facing mental health challenges.

Suicide Prevention 101

Suicide Prevention 101 is an introductory training that helps participants recognize and respond to signs that someone may be struggling with suicidal thoughts. Participants will learn about common risk factors and warning signs associated with suicide. The training also teaches practical skills for asking directly and compassionately if someone is thinking about suicide, responding in a supportive and non-judgmental way, and connecting individuals to appropriate help and resources.

Suicide Prevention

SafeTALK (Ages 15+)

SafeTALK is a half-day suicide prevention training. Participants learn to recognize thoughts of suicide, how to engage someone with thoughts of suicide, and how to connect them to resources for further support while applying the TALK steps: Tell, Ask, Listen, KeepSafe.

Suicide Prevention - QPR (Ages 16+)

QPR Gatekeeper Suicide Prevention is an evidence-based workshop that teaches that people how to recognize signs of suicide risk and intervene effectively.

Certification upon completion

Overdose Response

Overdose Lifeline: Naloxone

Overdose Lifeline training equips individuals with essential skills to respond to opioid overdoses effectively. Participants learn how to recognize the signs of overdose, administer naloxone (a medication that reverses opioid overdoses), and provide life-saving support until medical help arrives.

