



Community Mental Health Trainings

Tri-City Mental Health Services offers various mental health trainings that are free to those who live in, work in, or serve the communities of Pomona, La Verne, and Claremont.

If you are looking for ways to learn more about mental health and wellness, please sign up for one or more of the following courses:

Mental Health First Aid-Learn how to identify signs and symptoms of various mental illnesses and how to respond in a crisis situation. Participants may select one of four courses: the Adult (Spanish or English), Youth (Spanish or English), Older Adults, Higher Education, and/or Military members, Veterans and their families. The courses are 8 hours long. Upon completion, each participant will receive a 3 year certification from the National Council for Behavioral Health.

Parenting-This 8 week training demonstrates some contemporary issues relating to parenting using a strength-based approach to discuss such topics as relationship building and communication with your child, developmental milestones and expectations, ways to prevent cyberbullying, and challenging behaviors, among other topics. There is no certification attached to this training.

For more information about any of these trainings, please contact the trainers:

cmht@tricitymhs.org or 909-326-4680



Registration Form

Name [first & last]:
Phone number:
Email address:
Age of child(ren) if applicable:
Which of the three cities are you affiliated with? [please circle all that apply] <p style="text-align: center;">Pomona La Verne Claremont</p>
How did you hear about this training?

Additional information regarding the training will be emailed to you once you register:

	Mental Health First Aid/ Parenting	Please check your preference:
May	<u>Parenting (Spanish-Part 1)</u> Thursdays: 5th, 12th, 19th, 26th 5:30pm-7:00pm; Pomona	<input type="checkbox"/>
	<u>Youth Mental Health First Aid (Part 1)</u> Tuesday: May31st; 9 am- 1 pm; Claremont	<input type="checkbox"/>
June	<u>Parenting (Spanish-Part 2)</u> Thursdays : 9th and 16th 5:30pm-7:00pm; Pomona	<input type="checkbox"/>
	<u>Youth Mental Health First Aid (Part 2)</u> Tuesday: 7th; 9 am- 1 pm; Claremont	<input type="checkbox"/>