



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 the Adult , Youth or Military members, Veterans and their families 8 hour course or the Spanish 12 hour course. Upon completion, each participant will receive a 3 year certification from the National Council for Behavioral Health.

Everyday Mental Health: using The Recovery Model approach-This 2 hour training demonstrates how common mental illness is and how it impacts our everyday lives. We look at how the Recovery Model approach to treatment works and how it helps participants be supportive to someone who is in the process of recovery. Curriculum can be modified to address a specific audience and be reduced, if time is limited. There is no certification attached to this training.

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

Lisa Naranjo & Tina Brown, Community Mental Health Trainers
cmht@tricitymhs.org or 909-784-3249



Registration Form

Name [first & last]:
Phone number:
Email address:
Occupation/employer, 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?

Please check which training[s] you would like to register for.

Location and additional information of the training will be given once registered.

	Mental Health First Aid	Everyday Mental Health
July	<input type="checkbox"/> <u>Adult</u> , Mondays 7/14 & 7/21 9am-1pm Claremont	<input type="checkbox"/> Friday 7/18 6pm-8pm La Verne [English]
August	<input type="checkbox"/> <u>Youth</u> , Fridays 8/1, 8/8, 8/15, 8/22 9am-11 am Pomona	<input type="checkbox"/> Wednesday 8/6 9am-11am Claremont [English]
September	<input type="checkbox"/> <u>Adult</u> , Saturday 9/6 12pm-2pm Pomona [Spanish] <input type="checkbox"/> <u>Military</u> , Wednesdays 9/10, 9/17, 9/24, 6pm-9pm La Verne	<input type="checkbox"/> Saturday 9/27 12pm-2pm Pomona [Spanish]

Please scan bar code
with smart phone to
view information at
our website.



Please submit completed registration form by email to cmht@tricitymhs.org
or fax it to 909-865-0867