



2024 TRAINING Calendar

FREE community mental health trainings for individuals, groups and organizations in Pomona, Claremont and La Verne

TO LEARN MORE

- cmht@tricitymhs.org
- bit.ly/tcmhtrainings

SIGN UP FOR OUR INTEREST LIST



tricitymhs.org
Engage with @tricitymhs on



JANUARY

Everyday Mental Health Basics

Zoom

This introductory training offers a general overview of how our individual mental health impacts our daily life. We will cover the basics of mental health and wellness.

January 12, 2024
1:00 PM-2:30 PM

FEBRUARY

Mental Health First Aid for Adults

In-person

This is an evidence-based training that teaches you how to identify, understand and respond to signs of mental health and substance use conditions, and how to provide initial help and guide a person towards appropriate supports.

February 9, 2024
8:30 AM-4:30 PM

MARCH

Community Resiliency Model™

Zoom

Created by the Trauma Resource Institute, the Community Resiliency Model™ (CRM) is a set of wellness skills that people can use to respond to the impact of traumatic and stressful experiences.

March 8, 2024
1:00 PM-4:00 PM

APRIL

Stress Buster Series

Zoom

This series highlights seven ways you can manage your day-to-day stress, as well as counter toxic stress. Find ways to prevent and reduce toxic stress in your life. See which strategies may work best for you and the people you care about. Fridays at 1:00 PM-2:00 PM.

Supportive Relationships, Quality Sleep & Balanced Nutrition
April 12, 2024

Physical Activities & Mindfulness Practices
April 19, 2024

Experiencing Nature & Mental Health Care
April 26, 2024

MAY

Adverse Childhood Experiences

Zoom

In honor of National Prevention Week, this trauma-informed training focuses on how to recognize, address, and heal the negative impacts of Adverse Childhood Experiences (ACEs) and toxic stress.

May 10, 2024
1:00 PM-3:00 PM

JUNE

Motivational Interviewing

Zoom

Motivational Interviewing is a set of supportive skills used to help people resolve their ambivalence or uncertainty about making personal, meaningful changes in their lives. Learn techniques to help people explore their goals and motivations for change.

June 14, 2024
1:00 PM-3:00 PM

JULY

BIPOC Everyday Mental Health

Zoom

This introductory training offers an overview of mental health among communities of color. We will cover the basics of mental health, wellness and share ways to improve individual and community well-being among Black, Indigenous and People of Color (BIPOC).

July 12, 2024
1:00 PM-2:30 PM

AUGUST

Youth Mental Health First Aid

In-person

This evidence-based training teaches teaches adults who work with or support youth on how to identify, understand and respond to signs of mental health and substance use conditions, and how to provide initial help to guide youth towards appropriate supports.

August 9, 2024
8:30 AM-4:30 PM

SEPTEMBER

Community Resiliency Model™

Zoom

Created by the Trauma Resource Institute, the Community Resiliency Model™ (CRM) is a set of wellness skills that people can use to respond to the impact of traumatic and stressful experiences.

September 13, 2024
1:00 PM-4:00 PM

OCTOBER

NAMI: In Our Own Voice

Zoom

In honor of World Mental Health Day, this presentation shares personal perspectives of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

October 11, 2024
1:00 PM-2:00 PM

NOVEMBER

Adverse Childhood Experiences

Zoom

This trauma-informed training focuses on how to recognize, address, and heal the negative impacts of Adverse Childhood Experiences (ACEs) and toxic stress.

November 8, 2024
1:00 PM-3:00 PM

DECEMBER

Motivational Interviewing

Zoom

Motivational Interviewing is a set of supportive skills used to help people resolve their ambivalence or uncertainty about making meaningful, personal changes in their lives. Learn techniques to help people explore their goals and motivations for change.

December 13, 2024
1:00 PM-3:00 PM