



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, wellness, and stress management.

January 9, 2025
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 6, 2025
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 6, 2025
1:00 PM-4:00 PM

APRIL

Compassion Fatigue

Zoom

Compassion fatigue is the emotional strain experienced by caregivers and helping professionals due to ongoing exposure to suffering and trauma. This stress can harm caregivers' well-being and the quality of care provided. To combat this issue, this training focuses on understanding its causes, identifying its symptoms, and adopting effective coping strategies to promote resilience among those who support others in various capacities.

April 17, 2025
1:00PM-2:30PM

2025 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

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MAY

Adverse Childhood Experiences

Zoom

In observance 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 8, 2025
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 12, 2025
1:00 PM-3:00 PM

JULY

NAMI: Ending the Silence

in-person

NAMI Ending the Silence is an engaging presentation that helps adults learn about the warning signs of mental health conditions in middle or high school aged youth and what steps to take if you or a loved one are showing symptoms of a mental health condition. This is a 1-hour presentation that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff.

July 10, 2025
1:00 PM-2:00 PM

AUGUST

Youth Mental Health First Aid

In-person

This evidence-based training 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 14, 2025
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 11, 2025
1:00 PM-4:00 PM

OCTOBER

NAMI: In Our Own Voice

Zoom

In observance of World Mental Health Day in October, 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 9, 2025
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 13, 2025
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 11, 2025
1:00 PM-3:00 PM