



2026 TRAINING Calendar

Community mental health trainings are available at no cost 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:



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July

Compassion Fatigue

Zoom Webinar

Compassion fatigue is the emotional strain caregivers and helping professionals feel from prolonged exposure to others' suffering. It can affect your wellbeing, relationships and the quality of care you provide. This training will help you recognize the signs and develop ways to care for yourself so you can keep doing the work that matters most.



July 28, 2026

1:00 PM – 2:00 PM

August

Community Resiliency Model™

Zoom Webinar

Created by the Trauma Resource Institute, the Community Resiliency Model™ (CRM), is a set of wellness skills aimed at enhancing mental, physical, and spiritual wellbeing, and helping individuals rebalance their nervous system from stressful or traumatic experiences.



August 25, 2026

1:00 PM – 4:00 PM

September

Mental Health First Aid for Adults

In Person

MHSA Administrative Office

This evidence-based training teaches you to recognize the signs of mental health or substance use challenges in adults 18 and older, and to provide initial support that helps connect them with appropriate resources in both crisis and non-crisis situations.



September 30, 2026

8:30 AM – 4:30 PM

October

Adverse Childhood Experiences

Zoom Webinar

This training explores how early life experiences, especially stressful or traumatic ones, can impact long-term health and wellness. You'll learn how to better understand these challenges, support healing and help youth and families grow stronger through life's difficulties.



October 27, 2026

1:00 PM – 3:00 PM

November

Mental Health First Aid for Youth

In Person

MHSA Administrative Office

This evidence-based training prepares adults who work with or support youth to understand, identify and respond to signs of mental health and substance use challenges, and to provide initial help that guides young people to appropriate supports in crisis and non-crisis situations.



November 16, 2026

8:30 AM – 4:30 PM

December

Motivational Interviewing

Zoom Webinar

Motivational Interviewing is a guided conversation style that helps people explore their own reasons for making positive changes in their life. Learn supportive techniques to help people explore their goals, uncertainties and motivations for change.



December 15, 2026

1:00 PM – 3:00 PM