

MPNN CSB PREVENTION, HEALTH & WELLNESS DIVISION UPCOMING TRAININGS

YOUTH MENTAL HEALTH FIRST AID

The Youth Mental Health First Aid Training is designed to teach parents, family members, caregivers and other caring citizens how to help an adolescent (age 12-18) who is experiencing mental health or addiction challenges or is in crisis.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

These trainings are open to the public. Materials will be provided. Bring a brown bag for a working lunch. Registrations will be accepted on a first come first served basis.

Below is the schedule of upcoming trainings:

1. YOUTH MHFA – TUESDAY 5/28/19

TIME: 8:30 am-4:30 pm

WHERE: Whitcomb Lodge at Beaverdam Park, 8687 Roaring Springs Rd., Gloucester, VA 23061

COST: \$35.00 (includes materials)

ONLINE REGISTRATION: www.chvc.online

REGISTRATION DEADLINE: Wednesday, May 22, 2019

2. YOUTH MHFA – WEDNESDAY 7/31/19

TIME: 8:30 am-4:30 pm

WHERE: Bay Transit Meeting Room, 111 Commerce Parkway, Warsaw

COST: \$35.00 (includes materials)

ONLINE REGISTRATION: www.chvc.online

REGISTRATION DEADLINE: Thursday, July 25, 2019

3. YOUTH MHFA – THURSDAY 8/1/19

TIME: 8:30 am-4:30 pm

WHERE: Bay Transit Meeting Room, 5959 Fiddlers Green Rd., Gloucester

COST: \$35.00 (includes materials)

ONLINE REGISTRATION: www.chvc.online

REGISTRATION DEADLINE: Friday, July 26, 2019

ADULT MENTAL HEALTH FIRST AID TRAININGS

The purpose of **MHFA** is to promote a more in-depth understanding of mental health in families and communities. This **8-hour certification course** assists family members, caregivers, school staff, health and human service workers, etc. to help adults and youth who may be experiencing a mental health challenge or crisis.

These trainings are open to the public. Materials will be provided. Bring a brown bag for a working lunch.

Below is the schedule of upcoming trainings:

1. ADULT MHFA – THURSDAY 5/30/19

TIME: 8:30 am-4:30 pm

WHERE: Whitcomb Lodge at Beaverdam Park, 8687 Roaring Springs Rd., Gloucester, VA 23061

COST: \$35.00 (includes materials)

ONLINE REGISTRATION: www.chvc.online

REGISTRATION DEADLINE: Wednesday, May 22, 2019

APPLIED SUICIDE INTERVENTION SKILLS TRAINING – ASIST

The Applied Suicide Intervention Skills Training (ASIST). ASIST is a 2-day workshop designed to teach the skills to competently and confidently intervene with a person at risk of suicide. Developed by LivingWorks Education, Inc. the workshop prepares people to integrate principles of intervention into everyday practice.

Number of participants is limited. This training is open to the public. Materials will be provided. Bring a brown bag for a working lunch. Registrations will be accepted on a first come first serve basis.

WHEN: Wednesday & Wednesday, May 14 & 15, 2019

TIME: 8:30 am-4:30 pm

WHERE: Whitcomb Lodge at Beaverdam Park, 8687 Roaring Springs Rd., Gloucester, VA 23061

COST: \$60.00 (includes materials)

ONLINE REGISTRATIONS: www.chvc.online

REGISTRATION DEADLINE: Wednesday, May 8, 2019

CHILDREN FIRST

Children First is a 4-hour co-parenting education program designed to promote positive and healthy communication for families experiencing the challenges of transition through separation and/or divorce. The program assists parents in understanding the importance of an active, involved, and positive relationship with their children by minimizing parental conflict.

WHEN & WHERE:

1. Gloucester Counseling Center, 9228 George Washington Mem. Hwy., Gloucester, Thursday, April 4, 2019– 4:00-8:00 P.M.
2. Prevention Services Office, 3786 George Washington Mem. Hwy.; Thursday, May 9, 2019—8:30am-12:30pm
3. Prevention Services Office, 3786 George Washington Mem. Hwy.; Wednesday, June 12, 2019—8:30am-12:30pm

COST: \$50.00 per person. Payment must be received seven (7) days prior to the scheduled class. No exceptions.

REGISTRATION: Pre-registration by phone is required. To register please call us at **804-642-5402.**

THE NURTURING PARENTING PROGRAMS

ON GOING NURTURING PARENTING PROGRAM (Parents Only)

1. MPNNCSB Gloucester Counseling Center, 9228 George Washington Memorial Highway, Gloucester, VA 23061.
Tuesdays, 6:00 pm-8:00 pm
2. MPNN CSB Warsaw Counseling Center, 414 Main Street, Warsaw, Richmond County:
Mondays, 6:00 pm-8:00 pm

Pre-registration is required.

NOTE: The 15-week On-Going Nurturing Parenting Program takes place year round. Parents can enroll in the classes at any time.

MPNN CSB Prevention, Health & Wellness

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