



Mental Health Resources Preparedness Training

Date, Time and Location

- Tuesday, December 7, 2021
- 12:00 noon – 1:00 pm
- Online training

Tuition and Registration

There is no cost for attending this Post Graduate Prepare U 2021 class.

Register here:

<https://bit.ly/3HM8JQy>

For More Information

Please contact Lars Eric Holm at leholm@edenir.org / 510-727-9516 or Ron Halog at ronh@ilrsc.org / 925-421-9246.

Please note the following: This training is designed to meet the needs of community members, nonprofit employees and volunteers, and other interested community members. Everyone is invited to attend this FREE Training.

Prerequisites

No prerequisites required.

Prepare U Partners:



Post-Graduate Prepare U Training: Mental Health Resources

Building off of the *Prepare U* training series, this special topic preparedness training is brought to you by NAMI California.

With the past year's multiple disasters like COVID 19 guidelines & restrictions, wildfires, power shut-offs and civil unrest, Prepare U is happy to host this training.

Prepare U would like to introduce you to our Guest Instructor, Syd Abdella from NAMI California (National Alliance on Mental Illness). Syd is a CCP Peer Counselor of NAMI CA. Syd also attended many of the Prepare U classes. We are honored to have Syd Abdella as a Prepare U Instructor.



More details

This is a 1 time online virtual class through Zoom. The training is adapted from the World Health Organization and NCTSN Guidebooks

Topics to be covered will include:

- Psychological First Aid
- Common Stress Reactions
- Coping Strategies
- Practical To-Do Lists
- Additional Resources