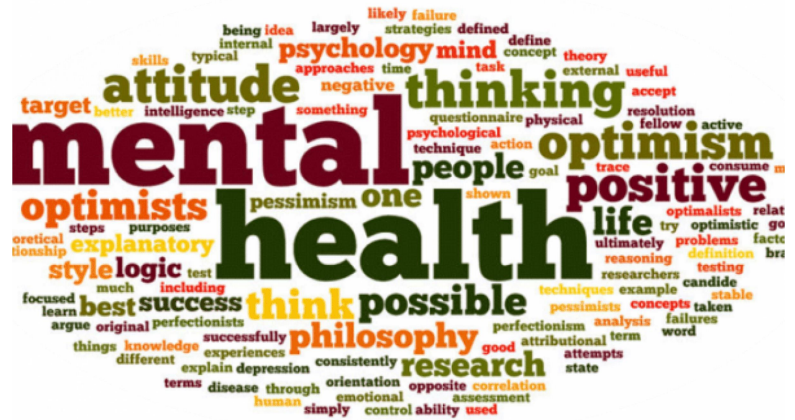




Mental Health Resources Preparedness Training

Prepare U Training: Mental Health Resources

Building off of the *Prepare U* training series, we are excited to offer this special topic preparedness training.



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. Syd served as a Crisis Support Program ~ Peer Counselor of NAMI CA (National Alliance of Mental Illness California). 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

Date, Time and Location:

- Tuesday, March 1, 2022
- 12:00 noon – 1:00 pm
- Online training

Tuition and Registration:

There is no cost for attending this Prepare U class.

Register here:

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

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:

