

Free Upcoming Community Workshops

Trauma 101

Date: Friday, September 25th, 2020

Time: 5pm-6:30pm

Location: Live Virtual Workshop;

Registration is required.

Community Resilience Model®: An Introduction

Date: Tuesday, September 29th, 2020

Time: 3pm-5:00pm

Location: Live Virtual Session;

Registration is required.

Youth Mental Health First Aid –

Date: Tuesday, October 6th, 2020

Time: 10am-2:30pm

Location: Live Virtual Session*;

Registration is required.

Adult Mental Health First Aid-

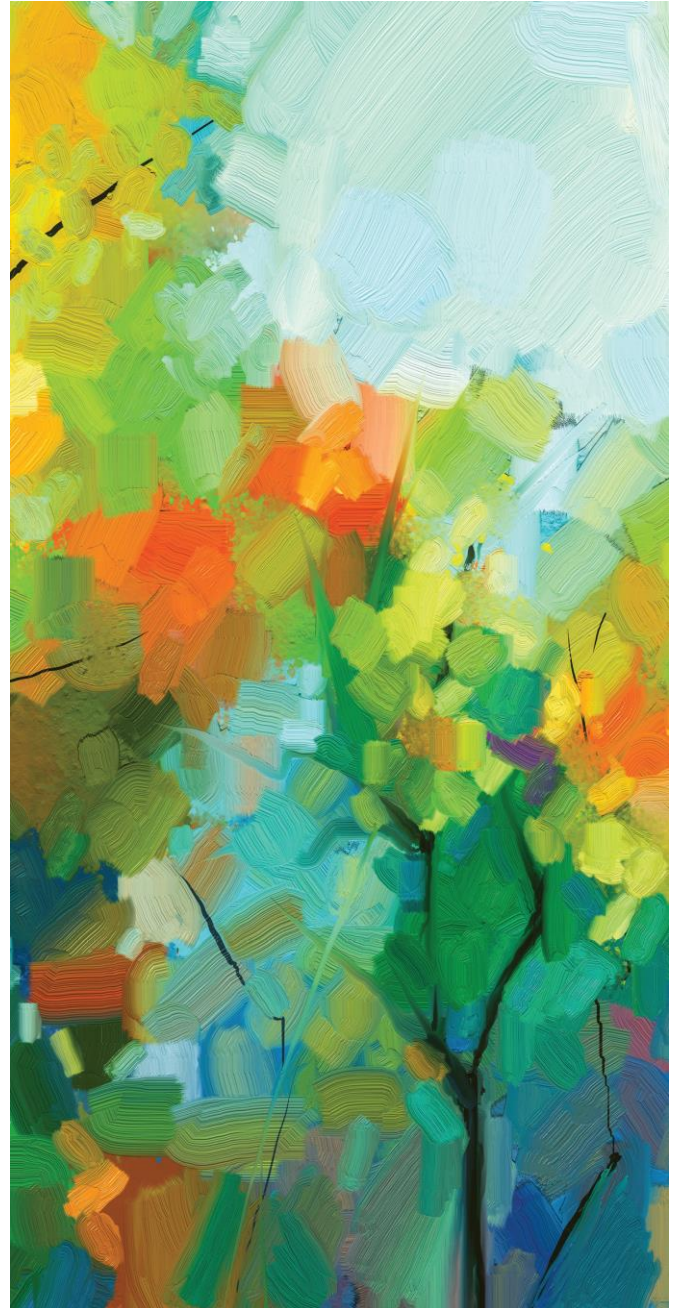
Date: Wednesday, October 28th, 2020

Time: 11:30am-5pm

Location: Live Virtual Session*;

Registration is required.

**Course has pre-session requirements. See website for details.*



To learn more about these workshops and to register, go to <https://www.spectrumhealthlakeland.org/population-health/get-help/trauma-informed-workshops> and click on “Register for a community class.”