

# Free Upcoming Community Workshops

## **Trauma 101**

Date: Friday, November 13, 2020  
Time: 10am-11:30am  
Location: Live Virtual Workshop;  
Registration is required.

## **Youth Mental Health First Aid**

Date: Wednesday, December 2, 2020  
Time: 9:30am-2:30pm  
Location: Live Virtual Session\*;  
Registration is required.

## **Trauma 101**

Date: Monday, December 7, 2020  
Time: 6:30pm-8:00pm  
Location: Live Virtual Session;  
Registration is required.

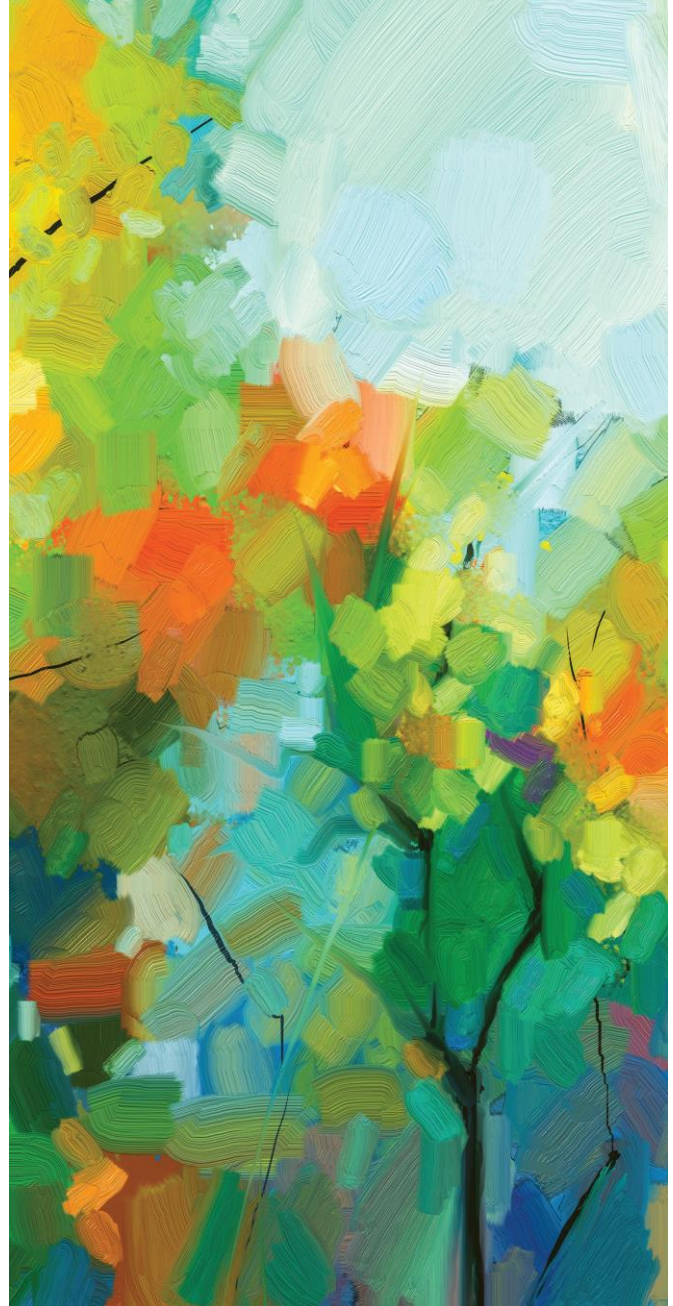
## **Adult Mental Health First Aid**

Date: Tuesday, December 8, 2020  
Time: 11:30am-5pm  
Location: Live Virtual Session\*;  
Registration is required.

## **ACES Training**

Date: Wednesday, December 9, 2020  
Time: 6pm-7:30pm  
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.”**