



## March MHAG Community Trainings



Georgia  
Department of  
Behavioral Health  
& Developmental  
Disabilities

### LEAP: Plan Our Your Best Life

Thursday, March 2, 2023-3:30 PM - 4:00 PM

Often, it can be difficult and discouraging to set up goals for ourselves and we may not know where to start. Take a step forward into our goal setting workshop guided with tools and strategies in developing your own life plan, learn how to set and accomplish both short and long-term goals, and how to generate future goals that will bring you closer to living your best life. This program is geared towards ages 16-26. Those over 26 are welcome to attend!

Register: [https://us02web.zoom.us/webinar/register/WN\\_2609w06iSr-Yetwfa9vR3A](https://us02web.zoom.us/webinar/register/WN_2609w06iSr-Yetwfa9vR3A)

### Outreach Wellness Learning (OWL): Stress Management

Thursday, March 2, 2023-6:00 PM - 7:00 PM

Chronic stress can create a host of chronic mental and physical health problems. Through this seminar, participants will learn the impact of stress on mental health, explain prevention strategies to manage stress levels and demonstrate effective stress reduction techniques.

Register: [https://us02web.zoom.us/webinar/register/WN\\_dm0C907fRvmcCcDiDcp5YQ](https://us02web.zoom.us/webinar/register/WN_dm0C907fRvmcCcDiDcp5YQ)

### Kids on the Block Puppet Show

Monday, March 6 at 4:00 pm

Wolf Creek Library, 3100 Enon Rd Atlanta, GA 30331

Kids on the Block is an educational puppetry program that uses life-sized, multicultural puppets to promote mental wellness for children. The presentations are designed to help children understand their feelings and encourage communication of problems or stressors that affect them at home, school, and in other venues. KOTB serves as a non-threatening vehicle through which children can articulate issues that they might otherwise feel uncomfortable talking about.

### Outreach Wellness Learning (OWL): Living with Mental Illness

Tuesday, March 7, 2023-12:00 PM - 1:00 PM

Most people know someone living with mental illness or may experience it themselves. There are many skills that can be acquired to manage mental illness in daily living. This session will explore common mental health disorders, provide effective ways to support someone with a mental illness, and promote wellness and eliminate stigma associated with mental illness.

Register: [https://us02web.zoom.us/webinar/register/WN\\_UcBPHYRaQUyImqhE6gJfsQ](https://us02web.zoom.us/webinar/register/WN_UcBPHYRaQUyImqhE6gJfsQ)

### Leadership, Empowerment, and Access Program (LEAP): Mental Health Basics

Tuesday, March 7, 2023-4:30 PM - 5:00 PM

Everyone has mental health! It is defined by how we think, feel, behave, and cope. This introduction to mental health will share the difference between mental health and mental distress, common mood and anxiety disorders along with their symptoms, and effective coping strategies to use during periods of stress. This program is geared towards ages 16-26. Those over 26 are welcome to attend!

Register: [https://us02web.zoom.us/webinar/register/WN\\_Ae358vG1QBWOt42SeQsqyw](https://us02web.zoom.us/webinar/register/WN_Ae358vG1QBWOt42SeQsqyw)

### Question, Persuade, and Refer (QPR): Suicide Prevention Gatekeeper Training

Wednesday, March 8, 2023-12:00 PM - 1:15 PM

QPR is a 75-minute educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The training is delivered by certified QPR gatekeeper instructors.

Register: [https://us02web.zoom.us/webinar/register/WN\\_OH9ikCyPTt2b2u212EXajA](https://us02web.zoom.us/webinar/register/WN_OH9ikCyPTt2b2u212EXajA)

Question, Persuade, and Refer (QPR): Suicide Prevention Gatekeeper Training

Wednesday, March 9, 2023-6:00 PM - 7:15 PM

QPR is a 75-minute educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The training is delivered by certified QPR gatekeeper instructors.

Register: [https://us02web.zoom.us/webinar/register/WN\\_ffh\\_yzSFQAOcc5H51mBQIQ](https://us02web.zoom.us/webinar/register/WN_ffh_yzSFQAOcc5H51mBQIQ)

Outreach Wellness Learning (OWL): Supporting Veterans and Their Families

Tuesday, March 14, 2023-12:00 PM - 1:00 PM

Often mental health and mental illness are misunderstood by individuals due to lack of knowledge, stigma associated with mental illness, and avoidance of conversations regarding mental health and wellness. It is important to understand that everyone has mental health, but not everyone is diagnosed with a mental illness. Understanding the scope of suicide among veterans and recognizing risk factors to administer immediate intervention is crucial to supporting veterans suffering with experience-related mental health challenges.

Register: [https://us02web.zoom.us/webinar/register/WN\\_NRN4qfs3RCmAdN3M\\_gcPRA](https://us02web.zoom.us/webinar/register/WN_NRN4qfs3RCmAdN3M_gcPRA)

Leadership, Empowerment, and Access Program (LEAP): My Mind on My Money

Tuesday, March 14, 2023-4:30 PM - 5:00 PM

Our finances play a large role in our lives and can actually impact our overall health. It is important to understand and to promote positive financial health to maintain overall wellness for ourselves and our futures. In Financial Literacy 101, you will gain an understanding of financial wellness and the role it plays in our overall health, learn the appropriate language and tools necessary for short- and long-term financial goals, and identify strategies to promote financial success for you and your future. This program is geared towards ages 16-26. Those over 26 are welcome to attend!

Register: [https://us02web.zoom.us/webinar/register/WN\\_ygGxDbm3QN2\\_8ubABP3NEw](https://us02web.zoom.us/webinar/register/WN_ygGxDbm3QN2_8ubABP3NEw)

Question, Persuade, and Refer (QPR): Suicide Prevention Gatekeeper Training

Wednesday, March 15, 2023-2:00 PM - 1:00 PM

QPR is a 75-minute educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The training is delivered by certified QPR gatekeeper instructors.

Register: [https://us02web.zoom.us/webinar/register/WN\\_ncwfjUgWSzaGtPHjeJhj3A](https://us02web.zoom.us/webinar/register/WN_ncwfjUgWSzaGtPHjeJhj3A)

Leadership Empowerment Access Program (LEAP): Financial Literacy 102

Thursday, March 16, 2023-3:30 PM - 4:00 PM

Let's talk about long-term financial goals! Financial forms such as IRS W4/W9/W2 documents and doing your taxes can be confusing but learning how to understand these financial documents can set you up for financial success and what it means to actively engage in your financial civic duties. In our Financial Literacy 102 workshop, we will increase our financial literacy and explore its role in long-term financial health, learn how to prepare important and mandatory financial documents, and learn strategies to fulfill financial duties. This program is geared towards ages 16-26. Those over 26 are welcome to attend!

Register: [https://us02web.zoom.us/webinar/register/WN\\_g9islazRRXG69a2XAgmZ8g](https://us02web.zoom.us/webinar/register/WN_g9islazRRXG69a2XAgmZ8g)

Outreach Wellness Learning (OWL): My Life is a Gift: Suicide Prevention for Survivors of Suicide

Tuesday, March 21, 2023-12:00 PM - 1:00 PM

Suicide is the 10th cause of death in Georgia. For each suicide, there are roughly 25 attempted suicides and up to 230 individuals who have serious thoughts of suicide. Through this seminar, participants will learn the impact of suicide and the relation to behavioral health, describe signs, symptoms & interventions effective for suicide prevention, and explore ways to provide support to individuals after a suicide attempt.

Register: [https://us02web.zoom.us/webinar/register/WN\\_uhoWh-hOQ9GfD-DM0\\_4ejg](https://us02web.zoom.us/webinar/register/WN_uhoWh-hOQ9GfD-DM0_4ejg)

Question, Persuade, and Refer (QPR): Suicide Prevention Gatekeeper Training

Wednesday, March 22, 2023-12:00 PM - 1:15 PM

QPR is a 75-minute educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The training is delivered by certified QPR gatekeeper instructors.

Register: [https://us02web.zoom.us/webinar/register/WN\\_CmDNpoNHQrSps-CshDrNuQ](https://us02web.zoom.us/webinar/register/WN_CmDNpoNHQrSps-CshDrNuQ)

Leadership Empowerment Access Program (LEAP): Developing Independence

Thursday, March 23, 2023-3:30 PM - 4:00 PM

When becoming independent there are many factors you should take into account such as, the ability to take care of your whole self, utilizing community resources, how to navigate the world, and being able to advocate for the things you want out of life. During our Developing Independence workshop, you will learn how to increase your self-awareness and manage healthy living, how to engage in self-advocacy for all areas of your life and learn strategies to set boundaries and maintain healthy relationships while navigating your independence. This program is geared towards ages 16-26. Those over 26 are welcome to attend!

Register: [https://us02web.zoom.us/webinar/register/WN\\_7obPZER4Q2uKAfLnUpfVbg](https://us02web.zoom.us/webinar/register/WN_7obPZER4Q2uKAfLnUpfVbg)

Outreach Wellness Learning (OWL): Mental Health 101

Thursday, March 23, 2023-6:00 PM - 7:00 PM

Everyone has mental health, it is defined by how we think, feel, behave, and cope. Through this seminar, participants will learn to explain the difference between mental distress and mental illness, describe common mood and anxiety disorders and their signs and symptoms, and demonstrate effective coping strategies during period of stress.

Register: [https://us02web.zoom.us/webinar/register/WN\\_ucCi8hgtRHuDal-Tw\\_b6Cg](https://us02web.zoom.us/webinar/register/WN_ucCi8hgtRHuDal-Tw_b6Cg)

Outreach Wellness Learning (OWL): Building Resilience in Youth

Tuesday, March 28, 2023-12:00 PM - 1:00 PM

While a child is developing, their social-emotional development is just as important as their physical growth. Through this seminar, participants will learn about social emotional development and the impact of trauma, identify ways to build and strengthen resilience in children and demonstrate self-care practices to prevent caregiver fatigue.

Register: [https://us02web.zoom.us/webinar/register/WN\\_71803J3ISDyJ3ThTWExt5A](https://us02web.zoom.us/webinar/register/WN_71803J3ISDyJ3ThTWExt5A)

Question, Persuade, and Refer (QPR): Suicide Prevention Gatekeeper Training

Wednesday, March 29, 2023-12:00 PM - 1:15 PM

QPR is a 75-minute educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The training is delivered by certified QPR gatekeeper instructors.

Register: [https://us02web.zoom.us/webinar/register/WN\\_W-Oh\\_ITQb6may7Pqh6H6w](https://us02web.zoom.us/webinar/register/WN_W-Oh_ITQb6may7Pqh6H6w)

Leadership Empowerment Access Program (LEAP): Character Counts!

Thursday, March 30, 2023-3:30 PM - 4:00 PM

Navigating your thoughts, feelings, and behaviors within the world can be challenging and confusing. While trying to gain self-awareness we not only have to manage our own emotions but also be able to build positive and healthy relationships with others and be responsible in our decision-making. This workshop supports building character for success, and you will be able to identify the characteristics needed to increase your social-emotional literacy, assess your needs and how to manage positive outcomes, and practice how to maintain healthy environments and relationships while tackling life's tough decisions. Trust me, you can do it all! This program is geared towards ages 16-26. Those over 26 are welcome to attend!

Register: [https://us02web.zoom.us/webinar/register/WN\\_Muih-Fk0SAmq8OCmUE4aCQ](https://us02web.zoom.us/webinar/register/WN_Muih-Fk0SAmq8OCmUE4aCQ)