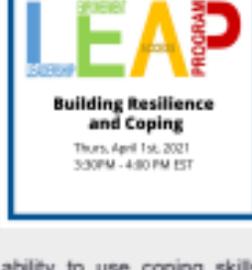


April Training Opportunities

LEAP: Building Resilience and Coping

Life can be difficult sometimes and the way that we react to life's stressors can have a positive or negative affect on our wellbeing. Being equipped with effective coping skills can boost our resiliency and reduce stress. Join us for our Building Resilience and Coping workshop to understand the relationship between our mental health and ability to use coping skills, identify what coping strategies are best for you, and create a plan that will support you in reducing stress and promote positive daily activities.



**Building Resilience
and Coping**

Thurs, April 1st, 2021
3:30PM - 4:30 PM EST

[REGISTER HERE](#)

QPR Question, Persuade, and Refer

Subtle Prevention Gatekeeper Training

Wed, April 7th, 2021
2:00 pm - 3:15 pm EST

Question, Persuade, and Refer, A Suicide Prevention Gatekeeper Training

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.

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[REGISTER HERE](#)

LEAP: Developing Future Aspirations

Do you have a dream or future aspiration you wish to accomplish? Take a step back and ask yourself this question, "What steps am I taking to get there?". Sometimes we are unsure of how to start the process to develop and reach our personal or professional goals. In this Developing Future Aspirations workshop learn how to describe different types of goals within various areas of life, examine your current interests to discover potentials aspirations, and plan out how make your dreams a reality.



**Developing Future
Aspirations**

Thurs, April 8th, 2021
3:30PM - 4:30 PM EST

[REGISTER HERE](#)

LEAP Forward: Navigating the Unknown

Tues, April 13th, 2021
4:00PM - 4:30 PM EST



In these unprecedented times, youth and young adults are having to navigate so many "firsts" while in a pandemic. From witnessing social unrest, experiencing multiple global and local crises, and facing their own personal struggles, youth in today's world are simply trying to keep it together. More than ever before, it is essential that our youth and young adults are remaining connected and receiving as much support as possible to combat any negative outcomes in their adulthood. This will be a panel discussion where we will discuss how are panelist are affected by the "unknowns" of our new normal, how they are promoting mental wellness for themselves and their peers, and how they can be further supported during these times and beyond.

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[REGISTER HERE](#)

Youth Mental Health First Aid

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorder in youth. This 7-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.



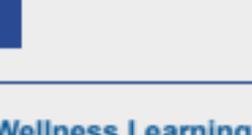
**Youth Mental Health
First Aid**

Wed, April 14th, 2021
9:00 AM - 1:30 PM EST

[REGISTER HERE](#)

LEAP: My Mind on My Money

Thurs, April 15th, 2021
3:30PM - 4:30 PM EST



My Mind on My Money

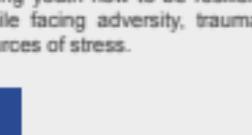
Thurs, April 15th, 2021
3:30PM - 4:30 PM EST

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 in order 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.

[REGISTER HERE](#)

LEAP: Career Development 101

Tues, April 20th, 2021
12:00 PM - 4:30 PM EST



Career Development 101

Thurs, April 22nd, 2021
3:30PM - 4:30 PM EST

If you are wondering about a career or looking to change up your current career and need some guidance, look no further. Sometimes it is difficult to know where to start but our Career Development 101 workshop will help you assess your current needs and interests in a particular career, learn skills to successfully prepare yourself to transition into a new career, and identify resources that will help guide you to various career opportunities.

[REGISTER HERE](#)

QPR Question, Persuade, and Refer

Subtle Prevention Gatekeeper Training

Tues, April 27th, 2021
12:00 pm - 1:15 pm EST

Question, Persuade, and Refer, A Suicide Prevention Gatekeeper Training

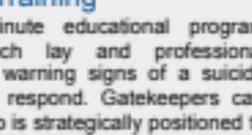
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[REGISTER HERE](#)

LEAP: Youth Mental First Aid

Thurs, April 27th, 2021
12:00 PM - 4:30 PM EST



**Youth Mental Health
First Aid**

Thurs, April 27th, 2021
12:00 PM - 4:30 PM EST

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorder in youth. This 7-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

[REGISTER HERE](#)

MHAG IS HOSTING VIRTUAL FOCUS GROUPS

These focus groups will help MHAG to better support communities across Georgia by learning more about how our trainings have impacted your ability to respond to individuals in need, refer to services, and any barriers in accessing behavioral health services. We also want to know more about how COVID-19 has impacted your community specifically.



If you are interested in participating in one of our focus groups in 2021, we have opened up our waitlist for individuals to sign-up. Please complete the form found below and you will be contacted with more information if you are selected to be a focus group participant. When you participate in one of our focus groups you will receive a gift card for your time!

[Register for a Focus Group Here](#)