

# UPCOMING WORKSHOPS

## UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES

Our life experiences can impact our health. Join us as we review the research on how Adverse Childhood Experiences (ACEs) play a tremendous role in developing potential physical, mental and behavioral problems later in life. Learn how you can not only work to reduce ACEs but also how to help foster individual and community resilience.

- **January 25, 2022 (9:00 a.m. to noon)**
- **February 16, 2022 (9:00 a.m. to noon)**
- **April 7, 2022 (noon to 3:00 p.m.)**

**REGISTER NOW >**



## ADULT MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders. The training introduces common mental health challenges and gives you the skills to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

- **February 8, 2022 (9:00 a.m. to 3:00 p.m.)**
- **March 8, 2022 (9:00 a.m. to 3:00 p.m.)**
- **May 12, 2022 (9:00 a.m. to 3:00 p.m.)**

**REGISTER NOW >**



## YOUTH MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders in adolescents. The training introduces common mental health challenges for youth and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

- **March 21, 2022 (9:00 a.m. to 2:00 p.m.)**
- **April 5, 2022 (9:00 a.m. to 2:00 p.m.)**
- **June 7, 2022 (9:00 a.m. to 2:00 p.m.)**

**REGISTER NOW >**



## REVIVE! OPIOID OVERDOSE & NALOXONE ADMINISTRATION

A course that covers understanding opioids, how opioid overdoses happen, risk factors for opioid overdoses, and how to respond to an opioid overdose emergency with the administration of Naloxone (also known as Narcan).

- **January 6; February 3; March 3 (6:30 p.m. to 7:30 p.m.)**
- **January 18; February 22; March 15 (10:00 a.m. to 11:00 a.m.)**

**REGISTER NOW >**



[www.rappahannockareacsb.org](http://www.rappahannockareacsb.org)

To sign-up, click  
on the registration links.

For any questions, contact  
[prevention@rappahannockareacsb.org](mailto:prevention@rappahannockareacsb.org)

Find us on:

