



NAMI Bridges to Care – Greater San Antonio

November-December 2023 Course Calendar

We invite all who wish to learn more about Mental Health and Wellness to register for our courses. All are welcomed!

To become a full NAMI-BTCSA Wellness Champion & to receive a Certificate of Completion & Lapel Pin, one must complete all six core curriculum trainings **plus one** of the elective trainings offered. We encourage all those new to our Program to attend the Orientation, usually scheduled the first week of each month. Currently, almost all of our courses are offered online.

After registering for a course, you will receive an email from Zoom with the Zoom link for the session. Do not hesitate to contact Geri Gregory, our Training Coordinator, with any questions at geri.g@nami-sat.org or 210-269-5331.

A note about Mental Health First Aid Courses: You will receive a certificate for this course through their registration portal once you complete the training. Please send a copy of your certificate by email to Geri Gregory, so she can properly mark your completion in our records.

*Denotes Core Curriculum Courses **Denotes Youth Track Courses No denotation indicates an Elective Course.

These courses are listed in chronological order.

Monday, November 13, 1:00 PM - 3:00 PM – Crisis Prevention & Verbal De-Escalation

Click to Register: <https://us02web.zoom.us/meeting/register/tZErdU2trDksHNdiAzC0inCCbTsLrg2qP8KY>

***Monday, November 13, 6:00 PM - 7:30 PM – Mental Health Resources**

Click to Register: <https://us02web.zoom.us/meeting/register/tZ0ufu2trD4pEtfELhmbasIzptFZe51lymPD>

Tuesday, November 14, 9:00 AM - 3:00 PM – Youth Mental Health First Aid

Click to Register: <https://www.eventbrite.com/e/684878840047?aff=oddtcreator>

***Wednesday, November 15, 3:00 - 4:30 PM – Suicide Prevention**

Click to Register: <https://us02web.zoom.us/meeting/register/tZIkfuygrTssEtajzT2vWd6fXzL5KmiVdPl->

***Thursday, November 16, 1:00 PM - 3:00 PM – Companionship**

Click to Register: https://us02web.zoom.us/meeting/register/tZ0scuuvrstG9HjUHU89wDyGpDWWFph_T1E

***Thursday, November 16, 4:00 PM - 5:30 PM – Trauma Informed Care**

Click to Register: https://us02web.zoom.us/meeting/register/tZwrduCurDouE9HA653vSC_iGKLuSz_T4Bo7

Saturday, November 18, 9:00 AM - 10:30 AM – Resiliency Workshop & Self-Care Toolkit

Click to Register: <https://us02web.zoom.us/meeting/register/tZApf-GprzooG9SMWFcd47NwZKf27Qr7C7Qk>

Tuesday, November 21, 9:00 AM - 3:00 PM – Adult Mental Health First Aid

Click to Register: <https://www.eventbrite.com/e/684880856077?aff=oddtcreator>

Tuesday, November 21, 5:00 PM - 6:30 PM – Recovery from Substance Use

Click to Register: <https://us02web.zoom.us/meeting/register/tZwvc-qrjltEtEtMbbeYZvqHlxrOL6T6UXp>

Tuesday, November 28, 9:00 AM - 3:00 PM – Adult Mental Health First Aid

Click to Register: <https://www.eventbrite.com/e/684880856077?aff=oddtcreator>

Thursday, November 30, 9:00 AM - 1:00 PM – Youth Mental Health First Aid

Click to Register: <https://www.eventbrite.com/e/684885961347?aff=oddtcreator>

Friday, December 1, 11:00 AM - 12:30 PM - Grief & Loss & the Holidays

Click to Register: https://us02web.zoom.us/meeting/register/tZcqf-yorz8sEtCEuwg3bwl_OfETAo6ysdH7

****Monday, December 4, 6:00 PM - 7:00 PM – Grief 101: Supporting a Grieving Adolescent**

Click to Register: https://us02web.zoom.us/meeting/register/tZcqce6pqzkhNNp5Hv1JtWQn_PMplvHPu7j

***Tuesday, December 5, 6:30 PM - 8:00 PM – Building a Mental Health “Program” in Your Faith Community or Organization**

Click to Register: <https://us02web.zoom.us/meeting/register/tZUvceqqqD0sGtO4JDxcFswYnnDqyX7CxbuO>

***Thursday, December 7, 6:00 PM - 7:30 PM – In Our Own Voice**

Click to Register: https://us02web.zoom.us/meeting/register/tZ0udOysrzMrHtDyrrD3fzq3Np0_FtML8zO5

Monday, December 11, 6:00 PM - 8:00 PM – Crisis Prevention & Verbal De-Escalation

Click to Register: <https://us02web.zoom.us/meeting/register/tZMsc-mopj4uE9O31hQhicXFOGkiztaZVehT>

***Wednesday, December 13, 3:00 - 4:30 PM –Suicide Prevention**

Click to Register: https://us02web.zoom.us/meeting/register/tZUqd-yorDsqHdfStH_rk9tZA1aMg_pee7jK

Thursday, December 14, 1:00 PM - 3:00 PM – ACEs Interface

Click to Register: <https://us02web.zoom.us/meeting/register/tZ0ucumgrzovE9WrMOUVXKiBzsCvRv-WfJkE>

Thursday, December 14, 5:00 PM - 6:30 PM – Recovery from Substance Use

Click to Register: <https://us02web.zoom.us/meeting/register/tZYtcO2tqTotG9fin-d-MEodMGH15wnfTYFA>

***Tuesday, December 19, 6:00 PM - 7:30 PM – Mental Health Resources**

Click to Register: <https://us02web.zoom.us/meeting/register/tZAkd-2qrD4pGNze6RfRWOQSB4uxGMPS-JBi>

***Thursday, December 28, 06:00 PM - 08:00 PM – Companionship**

Click to Register: <https://us02web.zoom.us/meeting/register/tZluc2srzlsGNd9JNYb88faZFfS9rpwXKNM>