

# NAMI Bridges to Care – Greater San Antonio

## January - June 2024 Course Calendar



We invite all who wish to learn more about Mental Health and Wellness to register for our courses at no charge. All are welcome!

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, most of our courses are offered online. For your Congregation or Organization to be designated as a NAMI-BTCSA Behavioral-friendly Safe Space, you must have at least three individuals fully-trained.

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](mailto:geri.g@nami-sat.org) or 210-269-5331.

**\*A note about Mental Health First Aid Courses from Bexar County's Center for Healthcare Services:** You must use the Promo Code BTC when you register – otherwise they will charge \$100 for this course. Once you register, you will receive confirmation emails from The Center for Mental Health First Aid and there is a 2-hour pre-coursework video & test that must be completed prior to this course, so register early! 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 Certification Courses No denotation indicates an Elective Course. These courses are listed in chronological order.

### **Monday, January 22, 5:00 - 6:30 PM – Recovery from Substance Use**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=9D98eJk>

### **\*\*Tuesday, January 23, 6:30 - 8:00 PM – Healthy Boundaries for Youth (Adults Training Session)**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=XTJBk8>

### **\*\*Saturday, January 27, 12:00 - 1:00 PM – Healthy Boundaries for Youth (Youth-only Training Session)**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=WU>

### **\*Monday, January 29, 6:00 - 7:30 PM – In Our Own Voice**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=8tc>

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

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=PB>

### **\*Thursday, February 1, 1:00 - 2:30 PM – Trauma Informed Care**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=NG>

### **Friday, February 2, 1:00 - 2:30 PM – Resiliency Workshop & Self-Care Toolkit**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=SAK>

### **\*\*Tuesday, February 6, 6:30 - 8:00 PM – Self-Harm for Youth (Adults Training Session)**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=Q5>

### **\*Wednesday, February 7, 2:00 - 3:30 PM – Suicide Prevention**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=BRIL>

### **\*Thursday, February 8, 6:00 - 7:30 PM – Mental Health Resources**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=AWr>

### **Friday, February 9, 11:30 AM - 1:00 PM – Valentine's 2024: The Impact of Grief & Relationships**

Click to Register: <https://us02web.zoom.us/join/zoom-join?secret=Q>

**\*\*Saturday, February 10, 12:00 - 1:00 PM – Self-Harm for Youth (Youth-only Training Session)**

Click to Register: [https://us02web.zoom.us/meeting/register/tZErdO6vpjooH9wfAg5smlCphyc8QQ\\_LKMeo](https://us02web.zoom.us/meeting/register/tZErdO6vpjooH9wfAg5smlCphyc8QQ_LKMeo)

**\*\*Tuesday, February 13, 6:30 - 8:00 PM – Healthy Relationships for Youth (Adults Training Session)**

Click to Register: [https://us02web.zoom.us/meeting/register/tZUof-GtpjgoHdxX\\_QlbB5mn1B0Xn7oSY7Yw](https://us02web.zoom.us/meeting/register/tZUof-GtpjgoHdxX_QlbB5mn1B0Xn7oSY7Yw)

**\*Friday, February 16, 1:00 - 3:00 PM – Companionship**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMvde-grzkqHNG71agQFrKF-PdYhwdSkPOg>

**\*\*Saturday, February 17, 12:00 - 1:00 PM – Healthy Relationships for Youth (Youth-only Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZAtc-GprzlgGNFx9-JvWtoBXYWnKqZ0xb8r>

**\*Monday, February 19, 6:00 - 7:30 PM – In Our Own Voice**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMtfuCgrDwpHNBRzY4UjG73QvYTiViH9P-w>

**\*\*Tuesday, February 20, 6:30 - 8:00 PM – Cyber Safety for Youth (Adults Training Session)**

Click to Register: [https://us02web.zoom.us/meeting/register/tZ0scu6upjMiGtEmD\\_56O3IUAgCd0d-G3L4g](https://us02web.zoom.us/meeting/register/tZ0scu6upjMiGtEmD_56O3IUAgCd0d-G3L4g)

**Thursday, February 22, 6:00 - 8:00 PM – Crisis Prevention & Verbal De-Escalation**

Click to Register: [https://us02web.zoom.us/meeting/register/tZ0lcO2urDsiE9zV4V0GIQrcDFWe\\_U9aIUOGO](https://us02web.zoom.us/meeting/register/tZ0lcO2urDsiE9zV4V0GIQrcDFWe_U9aIUOGO)

**\*\*Saturday, February 24, 12:00 - 1:00 PM – Cyber Safety for Youth (Youth-only Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZAudOCtrDliGNISUoW1itfGILO0LIQ4R9>

**Tuesday, February 27, 5:00 - 6:30 PM – Recovery from Substance Use**

Click to Register: <https://us02web.zoom.us/meeting/register/tZlqde-urzwuHdOW8fhCGHkITPzgwy1LGVtf>

**Monday, March 4, 6:00 PM - 8:00 PM –ACEs Interface**

Click to Register: <https://us02web.zoom.us/meeting/register/tZwtduyqqj0sE91h24iZOk3S1oL-z1RWmLO9>

**\*Tuesday, March 5, 6:00 - 7:30 PM – In Our Own Voice**

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

**\*Wednesday, March 6, 11:30 AM - 1:00 PM – Trauma Informed Care**

Click to Register: <https://us02web.zoom.us/meeting/register/tZUvc-qoqjoiHtQZ8OBKdqpEBri4aIWqagn>

**Friday, March 15, 1:00 - 3:00 PM – Crisis Prevention & Verbal De-Escalation**

Click to Register: [https://us02web.zoom.us/meeting/register/tZErduivpiksHNORb\\_PNmOMYWM7LwYxQlOlj](https://us02web.zoom.us/meeting/register/tZErduivpiksHNORb_PNmOMYWM7LwYxQlOlj)

**Thursday, March 28, 5:00 - 6:30 PM – Recovery from Substance Use**

Click to Register: <https://us02web.zoom.us/meeting/register/tZlqde-urzwuHdOW8fhCGHkITPzgwy1LGVtf>

**\*\*Tuesday, April 2, 6:30 PM - 8:00 PM –Mindfulness for Youth (Adults Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZYuc-GrqD0oHt1x3YnvOubHhBdjSmIoTS86>

**\*Wednesday, April 3, 2:00 - 3:30 PM – Suicide Prevention**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMuf-6tqz0qH9YYQetz4H8AjWIQKZUWbzvo>

**\*Thursday, April 4, 6:30 - 8:00 PM – Building a Mental Health “Program” in Your Faith Community or Organization**

Click to Register: <https://us02web.zoom.us/meeting/register/tZckcemtpz4oH9PuRmUIJiE8mqw-Kcj5IWBA>

**\*\*Saturday, April 6, 12:00 – 1:00 PM – Mindfulness for Youth (Youth-only Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZwsdOGgpzsoG9D-PvjmbitvAR3ibSKdtz99>

**\*\*Monday, April 8, 6:30 - 8:00 PM – Healthy Boundaries for Youth (Adults Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZAqdu6pqjSpHtBJvs0WqorAoeRqPQECQZqh>

**\*Wednesday, April 10, 1:00 - 3:00 PM – Companionship**

Click to Register: [https://us02web.zoom.us/meeting/register/tZ0oc-2qqD8vEtbbuwsaXBnH6P3Z\\_Qmcmgth](https://us02web.zoom.us/meeting/register/tZ0oc-2qqD8vEtbbuwsaXBnH6P3Z_Qmcmgth)

**Saturday, April 13, 10:00 - 11:30 AM – Resiliency Workshop & Self-Care Toolkit**

Click to Register: <https://us02web.zoom.us/meeting/register/tZwsc-qpqDkjHdPsPFAC6EqvUTEIOYAOXpp>

**\*\*Saturday, April 13, 12:00 - 1:00 PM – Healthy Boundaries for Youth (Youth-only Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZErdeGhrjoqE9cfBM4moT4yncV-peSIOQC4>

**Monday, April 15, 5:00 - 6:30 PM – Recovery from Substance Use**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMsceiqrz8iGd0u2j5rY6pn5Cq2oCfsj4-g>

**\*\*Monday, April 15, 7:00 – 8:30 PM – Self-Harm for Youth (Adults only Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZUlduGtrDMuH9APJi0fVIVigE784c-uS-9Y>

**\*Thursday, April 18, 6:00 - 7:30 PM – Mental Health Resources**

Click to Register: [https://us02web.zoom.us/meeting/register/tZUvce2sqDMqHtCg4uHPT6dDALTFHG8i\\_PYq](https://us02web.zoom.us/meeting/register/tZUvce2sqDMqHtCg4uHPT6dDALTFHG8i_PYq)

**\*\*Saturday, April 20, 12:00 - 1:00 PM – Self-Harm for Youth (Youth-only Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZEldO6tpj4vHd3SfeWO9bzX1GMqrEn24Woe>

**Tuesday, April 23, 6:00 - 8:00 PM – Crisis Prevention & Verbal De-Escalation**

Click to Register: <https://us02web.zoom.us/meeting/register/tZYvf-moqzkoHNExUfetahHFd6KoN8VfeAUK>

**\*Thursday, April 25, 6:00 - 7:30 PM – In Our Own Voice**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMvd--upjlvGtJr9r4vHZNAyNZ8upFZOiqv>

**Tuesday, May 7, 1:00 PM - 3:00 PM –ACEs Interface**

Click to Register: <https://us02web.zoom.us/meeting/register/tZ0rd-6rrD4sH9HKHQSOechS4SXcUzDSI8x7>

**\*\*Tuesday, May 7, 6:30 PM - 8:00 PM –Healthy Relationships for Youth (Adults Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMud-gtpz0uHNZTHt-PyD-z-yZxCWHLIQLI>

**\*\*Saturday, May 11, 12:00 - 1:00 PM – Healthy Relationships for Youth (Youth-only Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZElf-GupjwvHdWHjMYshVDS9NB4SiZiYkQ2>

**\*Monday, May 13, 6:00 - 7:30 PM – In Our Own Voice**

Click to Register: <https://us02web.zoom.us/meeting/register/tZEtcuigrTluGNUVb7HVLcjCzWqN7VkcZGqJ>

**\*\*Tuesday, May 14, 6:30 - 8:00 PM – Cyber Safety for Youth (Adults Training Session)**

Click to Register: <https://us02web.zoom.us/meeting/register/tZlIf-ygqD4sGNyqt6OTPC3IUhBosHhCSWIN>

**\*\*Saturday, May 18, 12:00 - 1:00 PM – Cyber Safety for Youth (Youth-only Training Session)**

Click to Register: [https://us02web.zoom.us/meeting/register/tZYvdOyqpjlpE9Wsl4-OG\\_TAognprATWdOLI](https://us02web.zoom.us/meeting/register/tZYvdOyqpjlpE9Wsl4-OG_TAognprATWdOLI)

**Tuesday, May 21, 1:00 - 3:00 PM – Crisis Prevention & Verbal De-Escalation**

Click to Register: [https://us02web.zoom.us/meeting/register/tZlodeuqqDkoH9bw0dL\\_0w9jDlthBXn9MMoo](https://us02web.zoom.us/meeting/register/tZlodeuqqDkoH9bw0dL_0w9jDlthBXn9MMoo)

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

Click to Register: <https://us02web.zoom.us/meeting/register/tZUldOGtr8pHdZTB5sc1EsOqsjIOkjU2lyK>

**\*Wednesday, May 29, 2:00 - 3:30 PM – Suicide Prevention**

Click to Register: <https://us02web.zoom.us/meeting/register/tZUpfuuvrTMjHNPzcSdyE06lUIvkXMHeULjD>

**Thursday, June 4, 1:00 PM - 3:00 PM –ACEs Interface**

Click to Register: [https://us02web.zoom.us/meeting/register/tZMpde6trzgvG9P\\_r6rRQT0QZhgLX5BdN4wW](https://us02web.zoom.us/meeting/register/tZMpde6trzgvG9P_r6rRQT0QZhgLX5BdN4wW)

**\*Thursday, June 4, 6:30 - 8:00 PM – Building a Mental Health “Program” in Your Faith Community or Organization**

Click to Register: [https://us02web.zoom.us/meeting/register/tZlqdOuoqTggH9S4N5Rbd5\\_Vn1nitha3E9t6](https://us02web.zoom.us/meeting/register/tZlqdOuoqTggH9S4N5Rbd5_Vn1nitha3E9t6)

**\*Tuesday, June 10, 6:00 - 7:30 PM – Mental Health Resources**

Click to Register: <https://us02web.zoom.us/meeting/register/tZUzd--hrTkiGtbBA4vBS2ym8z7X-zR589Q>

**\*Thursday, June 13, 6:00 - 8:00 PM – Companionship**

Click to Register: <https://us02web.zoom.us/meeting/register/tZcpc-qprT0jE9M18NczyAwEVpkvVeJa1NMk>

**\*Tuesday, June 18, 6:00 - 7:30 PM – In Our Own Voice**

Click to Register: <https://us02web.zoom.us/meeting/register/tZUqc-6grDgoGtxzF43-u4wVnUabZ7rYkklh>

**Thursday, June 27, 5:00 - 6:30 PM – Recovery from Substance Use**

Click to Register: [https://us02web.zoom.us/meeting/register/tZAlcemogjgpGtbqmDkTPCboZo\\_rk7G9FTqL](https://us02web.zoom.us/meeting/register/tZAlcemogjgpGtbqmDkTPCboZo_rk7G9FTqL)