



# NAMI Bridges to Care – Greater San Antonio

## August-December 2023 Youth Track Online Course Calendar

We invite all who wish to learn more about Mental Health and Wellness as it pertains to Youth to register for our FREE online courses. All are welcomed!

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.

### Thursday, September 14, 3:00 PM - 7:00 PM – Youth Mental Health First Aid

Click to Register & Use Promo Code BTC: <https://www.eventbrite.com/e/681672529887?aff=oddtcreator>

### Saturday, September 16, 12:00 PM - 1:00 PM – Healthy Boundaries for Youth (Youth only Training Session)

Click to Register: <https://us02web.zoom.us/meeting/register/tZMtc-6qrz0tGNV4lQQ1VHxkKGiHGdOD-B2f>

### Thursday, October 26, 6:00 PM - 7:30 PM – Healthy Relationships for Youth (Adults Training Session)

Click to Register: <https://us02web.zoom.us/meeting/register/tZUvce6qrjooHdyZ1SQB71IT2QZhtkrhKqt->

### Saturday, October 28, 12:00 PM - 1:00 PM – Healthy Relationships for Youth (Youth only Training Session)

Click to Register: [https://us02web.zoom.us/meeting/register/tZUrf-uorjgrE9dJJpD\\_Eqeo7M\\_aZQGKTPTu](https://us02web.zoom.us/meeting/register/tZUrf-uorjgrE9dJJpD_Eqeo7M_aZQGKTPTu)

### Tuesday, November 7, 6:00 PM - 7:30 PM – Self-Harm for Youth (Adults Training Session)

Click to Register: [https://us02web.zoom.us/meeting/register/tZ0vceCorT4sHNGDpHzqB2\\_4dulQquIAcQFc](https://us02web.zoom.us/meeting/register/tZ0vceCorT4sHNGDpHzqB2_4dulQquIAcQFc)

### Saturday, November 11, 12:00 PM - 1:00 PM – Self-Harm for Youth (Youth only Training Session)

Click to Register: <https://us02web.zoom.us/meeting/register/tZApduirqiMiGdf1ujhE-cLNL3VzxHnxVThp>

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

Click to Register: [https://us02web.zoom.us/meeting/register/tZcqce6pqzkhHNNp5Hv1JtWQn\\_PMpIvHPu7j](https://us02web.zoom.us/meeting/register/tZcqce6pqzkhHNNp5Hv1JtWQn_PMpIvHPu7j)

**PLEASE NOTE:** We are working on developing Youth Mental Health Modules on Peer Pressure, Cyber Safety, Teen Dating Violence, and Vaping! Please keep watching your emails or checking the online calendar for further details on these training courses.