



# NAMI Bridges to Care – Greater San Antonio

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

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

These courses are listed in chronological order.

### **Thursday, September 14, 1:00 PM - 3:00 PM – ACEs Interface**

Click to Register: <https://us02web.zoom.us/meeting/register/tZArf-qhqD0sG9zIRnJ-Y9Uwn452wMrNQTNa>

### **\*\*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>

### **\*Thursday, September 14, 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/tZMoc-2qrDMpGtwcK5YmS9NzGBk3bgPVMD6n>

### **\*\*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-6qrz0tGNV4IQQ1VHxkKGiHGdOD-B2f>

### **Monday, September 18, 6:00 PM - 7:30 PM – BTCSA Basic Orientation**

Click to Register: [https://us02web.zoom.us/meeting/register/tZMrduivqjMsh9WSD5mjN\\_WsexxeWor\\_4csp](https://us02web.zoom.us/meeting/register/tZMrduivqjMsh9WSD5mjN_WsexxeWor_4csp)

### **\*Tuesday, September 19, 6:00 PM - 7:30 PM – In Our Own Voice**

Click to Register: [https://us02web.zoom.us/meeting/register/tZAsdeysrjgrG9xc1\\_hsRwjPoH2f7oARDiLW](https://us02web.zoom.us/meeting/register/tZAsdeysrjgrG9xc1_hsRwjPoH2f7oARDiLW)

### **Thursday, September 21, 5:00 PM - 6:30 PM – Recovery from Substance Use**

Click to Register: [https://us02web.zoom.us/meeting/register/tZMlce-ugDkjH9QG9-5bzIjHf1BQ6qv-l\\_BZ](https://us02web.zoom.us/meeting/register/tZMlce-ugDkjH9QG9-5bzIjHf1BQ6qv-l_BZ)

### **Tuesday, September 26, 9:00 AM - 3:00 PM – Adult Mental Health First Aid**

Click to Register & Use Promo Code BTC: <https://www.eventbrite.com/e/681692750367?aff=oddtcreator>

### **\*Tuesday, September 26, 6:00 PM - 7:30 PM – Mental Health Resources**

Click to Register: <https://us02web.zoom.us/meeting/register/tZYvde-qqzgtH9VQSRdPwpBLzR3toe1ADGvU>

### **\*Thursday, September 28, 1:00 PM – 3 :00 PM – Companionship**

Click to Register: [https://us02web.zoom.us/meeting/register/tZYkdu-spjktGtZOFVfyd7WRR2dN\\_OY55KUI](https://us02web.zoom.us/meeting/register/tZYkdu-spjktGtZOFVfyd7WRR2dN_OY55KUI)

### **Friday, September 29, 2:00 PM - 3:30 PM – Resiliency Workshop & Self-Care Toolkit**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMuc-GggjosE9EFHhmuyP3Tksxj3Qk0DE1C>

### **\*Tuesday, October 3, 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/tZ0td-2opzktE9WldEEknHCxTqsweaLq6b-u>

### **Monday, October 9, 6:00 PM - 8:00 PM – Crisis Prevention & Verbal De-Escalation**

Click to Register: <https://us02web.zoom.us/meeting/register/tZ0uduCuqjguHNQIWSi-T4zWxcYe1-vCerTx>

**Thursday, October 12, 06:00 PM - 08:00 PM – ACEs Interface**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMsc-CgpjMqHN2ooOIDTnSVm04TzcDkPkul>

**Saturday, October 14, 11:00 AM - 12:30 PM - Grief & Loss on Self-Care**

Click to Register: <https://us02web.zoom.us/meeting/register/tZclf-ysqjlrHtWbgopJcZkoMCN88kBFjdw0>

**\*Monday, October 16, 6:00 PM - 7:30 PM – In Our Own Voice**

Click to Register: [https://us02web.zoom.us/meeting/register/tZMpdO-oqjliGt1X\\_x2jVoRt7ARdFMIIIDAZb](https://us02web.zoom.us/meeting/register/tZMpdO-oqjliGt1X_x2jVoRt7ARdFMIIIDAZb)

**\*Tuesday, October 17, 6:00 PM - 7:30 PM – Mental Health Resources**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMpcuqoqi0qGdHfh1nh8VoK1WSa8c6omeUQ>

**\*Thursday, October 19, 3:30 PM - 5:00 PM – Becoming a Trauma Informed Congregation or Organization**

Click to Register: <https://us02web.zoom.us/meeting/register/tZUtcOmgqjlqGte4GYEBswdf5am66foG74HL>

**Monday, October 23, 5:00 PM - 6:30 PM – Recovery from Substance Use**

Click to Register: <https://us02web.zoom.us/meeting/register/tZAsdO-sqDosH9GTITdag1ChCrKep8c6V7Fh>

**\*Thursday, October 26, 01:00 PM - 03:00 PM – Companionship**

Click to Register: [https://us02web.zoom.us/meeting/register/tZlkc-iorTwpG9JZfLCK37\\_wOL6d\\_pEfqpIU](https://us02web.zoom.us/meeting/register/tZlkc-iorTwpG9JZfLCK37_wOL6d_pEfqpIU)

**\*\*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)

**\*Thursday, November 2, 6:00 PM - 7:30 PM – In Our Own Voice**

Click to Register: [https://us02web.zoom.us/meeting/register/tZlOce2pgT8jH9M\\_Wkz3683xtBHC6ADhsAZr](https://us02web.zoom.us/meeting/register/tZlOce2pgT8jH9M_Wkz3683xtBHC6ADhsAZr)

**\*\*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)

**Thursday, November 9, 06:00 PM - 08:00 PM – ACEs Interface**

Click to Register: <https://us02web.zoom.us/meeting/register/tZMtdeiuqDMjG9awFjJILOR1vcxZovaXRgmy>

**\*\*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/tZApduirqjMiGdf1ujhE-cLNL3VzxHnxVThp>

**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, 3:00 PM - 4:30 PM – Becoming a Trauma Informed Congregation or Organization**

Click to Register: [https://us02web.zoom.us/meeting/register/tZwrduCurDouE9HA653vSC\\_iGKLuSz\\_T4Bo7](https://us02web.zoom.us/meeting/register/tZwrduCurDouE9HA653vSC_iGKLuSz_T4Bo7)

**\*Thursday, November 16, 06:00 PM - 08:00 PM – Companionship**

Click to Register: [https://us02web.zoom.us/meeting/register/tZ0scuuvrstG9HjUHU89wDyGpDWWFph\\_T1E](https://us02web.zoom.us/meeting/register/tZ0scuuvrstG9HjUHU89wDyGpDWWFph_T1E)

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

Click to Register: <https://us02web.zoom.us/meeting/register/tZwvc-qrqjltEtEtMbbeYZvqHlxlOL6T6UXp>

**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](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](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/tZUvceqgqD0sGtO4JDxcFswYnnDqyX7CxbuO>

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

Click to Register: [https://us02web.zoom.us/meeting/register/tZ0udOysrzMrHtDyrrD3fzq3Np0\\_FtML8zO5](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-mopj4uE9O31hQhcxFOGkiztaZVehT>

**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>