



Youth Mental Health First Aid training, is a day-long workshop that limits enrollment to a maximum of 30 individuals in each training session. It is considered the “gold standard” in mental health awareness training, with numerous publications supporting increased participant knowledge and confidence and decreased stigma post-training. Please register **DATE: May 28, 2026** 9:00AM to 2:00 PM plus 2 hours self time in English virtually via Zoom. Register:

https://gsu.qualtrics.com/jfe/form/SV_0AKq3y35VZmo7Do?Q_CHL=qr



With Mental Health America of Georgia we have a partnership. The link for the training sessions in Calendar. <https://www.mhageorgia.org/events/> On this link you can find the ones in English.

We do QPR, Mental Health 101 and Building Resiliency in Youth in Spanish. Registración:

<https://bit.ly/MHAGAentrenamientos>

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention as an online training to our community. QPR is a 75-minute educational program designed to teach lay and professional “gatekeepers” the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual’s desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. The training is delivered by certified QPR gatekeeper instructors.

Mental Health 101 - Everyone has mental health, it is defined by how we think, feel, behave, and cope. Through this 1-hour seminar, participants will learn to explain the difference between mental distress and mental illness, describe common mood and anxiety disorders and their signs and symptoms, and demonstrate effective coping strategies during periods of stress. Offered in English and Spanish.

Building Resiliency in Youth - While a child is developing, their social-emotional development is just as important as their physical growth. Through this 1-hour seminar, participants will learn about social emotional development and the impact of trauma, identify ways to build and strengthen resilience in children and demonstrate self-care practices to prevent caregiver fatigue. *Offered in English and Spanish.*



Trainings Provided by Resilient WEST in Carroll County
Connections Matter in English - University of West Georgia

We need at least 30 to schedule a training session. It's a 3 hour session.

Building Resilient Families in Spanish

Edificando Familias Resilientes virtual via zoom

2 de abril, 2026 6pm-7:30pm Register at: <https://bit.ly/ResilientWest-Espanol>

Building Resilient Families in English - need at least 10 parents/guardians adults

Via Zoom <https://bit.ly/RWWorkshops>

Resilience is often thought of as the ability to bounce back from a tough time. In this training we’re going to look at resilience as bouncing forward. Parents frequently model resilience for their children. This training will discuss: Our responses to stress, the impacts stress can have, ways we can promote positive childhood experiences and create resilience through connection, and the importance of supporting our children in school and their lives.



Parents & Youth Café

Second Thursday of the month 5pm

Usually at 306 Bradley Street Suite B Carrollton, GA

Parents register at <https://bit.ly/ParentsCaféCarroll>

Youth register at <https://bit.ly/YouthCaféCarroll>

Parents' Café meets once a month, on the second Thursday of the month. It is peer-led by Ms. Marina Rogers, who is a Parent Aide.

Parent Cafés are structured, small group conversations that create physically and emotionally safe spaces where parents and caregivers talk about the challenges and victories of raising a family. Parents gather around small tables, set up to feel like a café, and respond to specific questions prompts designed to promote mutual support and parent-to-parent learning.

Youth Café meets once a month, on the second Thursday of the month. It is peer-led by Ms. Alexis Lanning, who is a Certified Peer Specialist for youth. The Café model is a Peer Support where youth attend, and have conversations. It is a safe space, where they can interact, learn, create and find out more about the protective factors. These conversations help youth thrive and the main goal is for them to feel safe, and create meaningful connections.



Project Resilience
Promoting a Healthy & Resilient Carroll County

Green Dot training is offered in English by the West Georgia Child Advocacy Center and West Georgia PARC (Prevention & Advocacy Resource Center). Green Dot training is a one-hour comprehensive bystander intervention program designed to reduce power-based personal violence (sexual assault, stalking, dating violence) by training individuals to recognize high-risk situations and safely intervene. It focuses on proactive, small actions ("green dots") to shift community norms and decrease harmful behaviors ("red dots"). Training dates are to be determined. To schedule a session for your group, please contact Allison Robinson at allison@cc-cac.org or Jacklyn Harden at prevention@wgaparc.org This training is highly recommended for all adults in our community.



Ferst Readers of Carroll County Inc. is a 501c(3) Non-Profit Organization whose mission is to develop literacy among young children. Early reading experiences enhance children's chances of becoming successful students, and ultimately, educable members of the area work force. They provide a workshop called Conversations Count. You may contact Ms. Karen Wild at kwild@westga.edu or call 678-699-6103 Register a child <https://carrollferst.org/>



For trainings in Spanish on the month of April, please register at: <https://bit.ly/PrevencionPaloosa>