

FREE Learning Opportunities

For Clinical Professionals, Educators, and Health Care and Human Services Providers in the Lamoille Valley

Registration for each event is open now!

Mental Health First Aid (adult)

Christina Glowac, LICSW, and Ayla Landry

Two part training: Thurs. Jan. 13th and Fri. Jan. 14th: Noon to 3:00 p.m. both days – via Zoom



MHFA teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in the community. CEUs may be available for a fee. Please reach out to the trainer directly in advance of the training to learn more at christina.glowac@lamoille.org. **The Trainers: Christina Glowac** is the School Based Therapeutic Services Program Director as LCMHS. She has been a trainer for MHFA for the past 12 years. Ayla is the Program Manager for the Behavioral Intervention program at LCMHS. She has worked for the agency for the last 10 years and is currently in school to get her MBA. **Ayla Landry** has been a YMHFA instructor for years and more recently has started teaching the Adult curriculum as well.

Please register for both sessions: Register for day 1 [HERE](#)
Register for day 2 [HERE](#)

Designing and Facilitating Engaging and Useful Meetings

Jo Romano, Certified Professional Coach and Trainer

Two part training: Thurs. Feb. 3rd and Fri. Feb. 4th: 8:30 a.m. to 12:30 p.m. both days

In-person - Green Mountain Support Services - 93 James Rd, Morrisville



Boost your facilitation skills and practices to create and deliver relevant, immediate, and useful meetings that will have your meeting participants saying, "Wow. Finally, a meeting I can stay fully engaged in!" You will be introduced to the value of dialogue, safety and respect in a meeting environment. Learn the 8 Steps to Design in an interactive, engaging and powerful meeting and leave this workshop with 20 advanced facilitation skills to put to use immediately resulting in highly purposeful, positive engagement, and participation and well thought out agendas. Learn how to work together to make clear decisions at meetings. This workshop is aligned with a Facilitation Guidebook to use back at work.

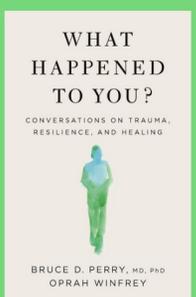
The Trainer: Jo Romano - See bio info in the Coaching Workshop description above.

Please register for both sessions: Register for Day 1 [HERE](#)
Register for Day 2 [HERE](#)

Trauma, Treatment, and Recovery- Margaret Joyal, MA

Thurs Feb. 10th- 9:00 to noon - via Zoom

Everything is different in the face of serious psychological trauma. People's brains function differently and the usual approaches often do not work. Find out what works and why. Margaret Joyal will present an overview of trauma, treatment, and recovery. She will share the latest research on the physical effects of trauma on the brain and body and what a trauma informed system looks like. She will help you develop trauma informed communication and interaction skills. **The Trainer: Margaret Joyal** is the Director for Washington County Mental Health Services Counseling and Psychological Services, and co-founder of LINCS adult trauma treatment program. She is a member of the Vt. Association for Mental Health and Addiction Recovery, the National Association for Rural Mental Health, and has held key positions with the Vt. Psychological Association, the North American Masters Psychologists, for which she is the past president, and is Chair of the Adult Outpatients Director's Group, a committee of the Council for Developmental and Mental Health Services. Margaret has provided trainings and workshops on recent advances in trauma treatment, effects of psychological trauma, treatment of PTSD, and treating survivors of childhood abuse.



A free copy of Oprah Winfrey and Dr. Bruce Perry's book, "What Happened to You?" will be available for free to the first 25 participants.

Register [HERE](#)