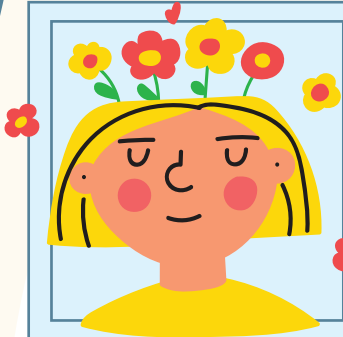


# YOUTH DEVELOPMENT

## *Signature Trainings*



### Youth Mental Health First Aid (8 CEU Hours)

Participants gain certification on skills to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring residents how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Not recommended for mental health professionals.



### Question, Persuade and Refer - Suicide Prevention Training (2 CEU Hours)

Participants trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.



### Understanding ACEs: Building Self-Healing Communities (2 CEU Hours)

This educational experience helps participants to develop a common language around ACEs (Adverse Childhood Experiences), trauma, and resilience in our community, thus shifting our mindset around what we can all do to build a more resilient, healthy communities.



### Everyone's An Asset Builder (4 CEU Hours)

Participants will learn about the Developmental Asset Approach and other valuable information on ways to offer support & care for our youth, their future and our community's well being.



5.20.2024

## Questions?

Contact [temi.aregbesola@alexandriava.gov](mailto:temi.aregbesola@alexandriava.gov) or visit [alexandriava.gov/go/3194](https://alexandriava.gov/go/3194) for more information.  
For reasonable disability accommodation, call 571.384.5244 or contact [maurice.tomdio@alexandriava.gov](mailto:maurice.tomdio@alexandriava.gov), Virginia Relay 711.