



Training Calendar

The Mental Health Center of Greater Manchester believes that a highly skilled workforce is vital to the care of our patients and the health of our community. We are committed to the professional development of behavioral health providers across the region.

With over four dozen unique trainings and an equal number of expert training staff, MHCGM courses provide cutting edge, research driven curricula with continuing education hours through the National Association of Social Workers and the American Nurses Credentialing Center.

We are excited to have trained 1,125 individuals in 2024 and look forward to expanding that number in 2025!

We hope you decide to join us for one of our trainings found in this calendar. If you would like to bring a training to your place of employment reach out to Pete Costa at costapet@mhcgm.org.



Pete Costa, LICSW, CCISM
Director of Training



Elaina Pousland, MS
Coordinator of Training

January 2025



Foundations of
Zero Suicide:
Clinical
Competency.

1/6/25

[Click for More Info](#)

Motivational
Interviewing

1/7/25 & 1/9/25

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Cultivating
Wellbeing in a
Challenging
World

1/10/25

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Assessing
Suicidal Risk
Using the C-SSRS

1/13/25

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Lunch and Learn:
Caring for the
Queer
Community

1/13/25

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CPI
MHCGM STAFF
ONLY

1/15/25

[Click for More Info](#)

Medicaid 101

1/16/25

[Click for More Info](#)



January 2025



[Trauma Stewardship](#)

[1/17/25](#)

[Click for More Info](#)

[Safety Planning for Suicide Prevention and Intervention](#)

[1/20/25](#)

[Click for More Info](#)

[The Quest for Cultural Effectiveness and Responsiveness](#)

[1/24/25](#)

[Click for More Info](#)

[CALM: Counseling on Access To Lethal Means](#)

[1/27/25](#)

[Click for More Info](#)

[Trauma Informed Care: Moving from What's Wrong with You? to What Happened to You?](#)

[1/29/25](#)

[Click for More Info](#)

[Mental Health First Aid--Adults](#)

[1/31/25](#)

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February 2025

Benefited from one of
our free trainings?
Consider a donation
today! Click here!

[PHI Coaching
Approach to
Supervision](#)
**MHCGM STAFF
ONLY**

[2/4/25 & 2/6/25](#)
[Click for More Info](#)

[Responding to
Intersectional
Stigmatization](#)

[2/7/25](#)
[Click for More Info](#)

[Lunch and Learn:
Caring for the
Queer
Community](#)

[2/10/25](#)
[Click for More Info](#)

[Stages of Change](#)
[2/11/25 & 2/13/25](#)
[Click for More Info](#)

[CPI](#)
**[MHCGM STAFF
ONLY](#)**

[2/19/25](#)
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[L.E.T.S. Save
Lives](#)

[2/27/25](#)
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[Mental Health
First Aid--Adults](#)

[2/28/25](#)
[Click for More Info](#)



Register at www.mhcgm.org/training-and-education/upcoming-trainings/

March 2025



Lunch and Learn:
Caring for the
Queer
Community
3/10/25
[Click for More Info](#)

Risk Formulation
for Those Living
with Psychosis
3/11/25
[Click for More Info](#)

NAMI Connect
for Suicide
Prevention and
Intervention
3/14/25
[Click for More Info](#)

Youth Mental
Health First Aid
3/14/25
[Click for More Info](#)

CPI
MHCGM STAFF
ONLY
3/19/25
[Click for More Info](#)

NAMI Connect
Refresher
3/25/25
[Click for More Info](#)

TMBI: Teachable
Moment Brief
Intervention
3/27/25
[Click for More Info](#)

Mental Health
First Aid--Adults
3/28/25
[Click for More Info](#)

April 2025



**Responding to
Intersectional
Stigmatization**

4/4/25

[Click for More Info](#)

**Foundations of
Zero Suicide:
Clinical
Competency**

4/7/25

[Click for More Info](#)

**Defusing High
Intensity
Situations**

4/8/25

[Click for More Info](#)

**Motivational
Interviewing for
Adolescents**

4/8/25

[Click for More Info](#)

**LEAP: Listen,
Empathize,
Agree, Partner**

4/11/25

[Click for More Info](#)

**Lunch and Learn:
Caring for the
Queer
Community**

4/14/25

[Click for More Info](#)

**L.E.T.S. Save
Lives**

4/10/25

[Click for More Info](#)

April 2025



Benefited from one
of our free trainings?
Consider a donation
today! Click here!

Assessing
Suicidal Risk
Using the C-SSRS

4/14/25

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CPI
MHCGM STAFF
ONLY

4/16/25

[Click for More Info](#)

Safety Planning
for Suicide
Prevention and
Intervention

4/21/25

[Click for More Info](#)

Mental Health
First Aid--Adults

4/25/25

[Click for More Info](#)

CALM:
Counseling on
Access To Lethal
Means

4/28/25

[Click for More Info](#)

May 2025

ITCOD: Integrated Treatment of Co-Occurring Disorders
5/2/25
[Click for More Info](#)

DBT for the Non-DBT Practitioner
5/5/25 & 5/6/25
[Click for More Info](#)

Trauma Informed Care: Moving from What's Wrong with You? to What Happened to You?
5/6/25
[Click for More Info](#)

Cultivating Wellbeing in a Challenging World
5/9/25
[Click for More Info](#)

CBT: Cognitive Behavioral Therapy
5/12/25
[Click for More Info](#)

Trauma Stewardship
5/15/25
[Click for More Info](#)

Understanding Military Culture
5/16/25
[Click for More Info](#)

CPI
MHCGM STAFF ONLY
5/21/25
[Click for More Info](#)

Mental Health First Aid--Adults
5/23/25
[Click for More Info](#)



June 2025



PHI Coaching
Approach to
Supervision

MHCGM STAFF
ONLY

6/2 & 6/4/25

[Click for More Info](#)

The MHCGM
Pride Panel

Date TBD

The Quest for
Cultural
Effectiveness and
Responsiveness

6/12/25

[Click for More Info](#)

Youth Mental
Health First Aid

6/13/25

[Click for More Info](#)

CPI
MHCGM STAFF
ONLY

6/18/25

[Click for More Info](#)

Mental Health
First Aid--Adults

6/20/25

[Click for More Info](#)



July 2025



Foundations of
Zero Suicide:
Clinical
Competency

7/7/25

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Assessing
Suicidal Risk
Using the C-SSRS

7/14/25

[Click for More Info](#)

CPI
MHCGM STAFF
ONLY

7/16/25

[Click for More Info](#)

Safety Planning
for Suicide
Prevention and
Intervention

7/21/25

[Click for More Info](#)

Motivational
Interviewing

7/22 & 7/24/25

[Click for More Info](#)

Mental Health
First Aid--Adults

7/25/25

[Click for More Info](#)

CALM:
Counseling on
Access To Lethal
Means

7/28/25

[Click for More Info](#)

[Register at www.mhcgcm.org/training-and-education/upcoming-trainings/](http://www.mhcgcm.org/training-and-education/upcoming-trainings/)



August 2025



[Responding to Intersectional Stigmatization](#)

[8/6/25](#)

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[Stages of Change](#)

[8/12 & 8/14/25](#)

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[CPI](#)

[MHC GM STAFF](#)

[ONLY](#)

[8/20/25](#)

[Click for More Info](#)

[Mental Health First Aid--Adults](#)

[8/22/25](#)

[Click for More Info](#)



Register at www.mhcgmm.org/training-and-education/upcoming-trainings/

September 2025

[Foundations of
Zero Suicide:
Clinical
Competency](#)

9/8/25

[Click for More Info](#)

[Trauma-Informed Care:
Moving from 'What's
Wrong with You?' to
'What Happened to
You?'](#)

9/10/25

[Click for More Info](#)

[NAMI Connect
for Suicide
Prevention and
Intervention](#)

9/12/25

[Click for More Info](#)

[Assessing
Suicidal Risk
Using the C-SSRS](#)

9/15/25

[Click for More Info](#)

[CPI
MHC GM STAFF
ONLY](#)

9/17/25

[Click for More Info](#)

[Risk Formulation
for Those Living
with Psychosis](#)

9/18/25

[Click for More Info](#)



September 2025

[Safety Planning
for Suicide
Prevention and
Intervention](#)
9/22/25
[Click for More Info](#)

[NAMI Connect
Refresher](#)
9/23/25
[Click for More Info](#)

[TMBI: Teachable
Moment Brief
Intervention](#)
9/25/25
[Click for More Info](#)

[Mental Health
First Aid--Adults](#)
9/26/25
[Click for More Info](#)

[CALM:
Counseling on
Access To Lethal
Means](#)
9/29/25
[Click for More Info](#)

October 2025



[DBT Skills Training](#)
[for Borderline](#)
[Personality Disorder](#)

[Oct 6th, 7th, 13th,](#)
[14th, and 20th](#)
[Click for More Info](#)

[MATCH](#)
[MHCGM STAFF](#)
[ONLY](#)

[Starting 10/9/25](#)
[Click for More Info](#)

[Defusing High](#)
[Intensity](#)
[Situations](#)

[10/10/25](#)
[Click for More Info](#)

[CPI](#)
[MHCGM STAFF](#)
[ONLY](#)

[10/15/25](#)
[Click for More Info](#)

[Mental Health](#)
[First Aid--Adults](#)

[10/24/25](#)
[Click for More Info](#)

[LEAP: Listen,](#)
[Empathize,](#)
[Agree, Partner](#)

[10/28/25](#)
[Click for More Info](#)



November 2025

Understanding
Military Culture

11/7/25

[Click for More Info](#)

DBT for
Adolescents

11/10/25

[Click for More Info](#)

Cultivating
Wellbeing in a
Challenging
World

11/14/25

[Click for More Info](#)

CBT: Cognitive
Behavioral
Therapy

11/17/25

[Click for More Info](#)

CPI
MHCGM STAFF
ONLY

11/19/25

[Click for More Info](#)

Mental Health
First Aid--Adults

11/21/25

[Click for More Info](#)

December 2025



[PHI Coaching
Approach to
Supervision](#)
**MHCGM STAFF
ONLY**

12/1 & 12/3/25
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[DBT for the Non-
DBT Practitioner](#)

12/1/25 and
12/2/25
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[Responding to
Intersectional
Stigmatization](#)

12/5/25
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[CPI](#)
**MHCGM STAFF
ONLY**

12/17/25
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[Mental Health
First Aid--Adults](#)

12/19/25
[Click for More Info](#)

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giving! Make a
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