



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@mhcgcm.org.



Pete Costa, LICSW, CCISM
Director of Training



Elaina Pousland, MS
Coordinator of Training

November 2025

911 Information
Session

11/5/25

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TFCBT
MHCGM STAFF
ONLY

11/7/25

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Understanding
Military Culture

11/7/25

[Click for More Info](#)

DBT for
Adolescents

11/10/25

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Cultivating
Wellbeing in a
Challenging
World

11/14/25

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CBT: Cognitive
Behavioral
Therapy

11/17/25

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December 2025

**DBT for the Non-
DBT Practitioner**

12/1/25 and
12/2/25

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**PHI Coaching
Approach to
Supervision**

**MHCGM STAFF
ONLY**

12/3 & 12/10/25

[Click for More Info](#)

**CPI
MHCGM STAFF
ONLY**

12/17/25

[Click for More Info](#)

**Mental Health
First Aid--Adults**

12/19/25

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**'Tis the season of
giving! Make a
donation today!
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[Register at www.mhcgcm.org/training-and-education/upcoming-trainings/](http://www.mhcgcm.org/training-and-education/upcoming-trainings/)

