

# Two FREE Trainings to Help Children & Youth Thrive

Support children and youth in your community by creating **safe and supportive environments**. Two free trainings, made possible by California's Children's and Youth Behavioral Health Initiative, are now available to support those working with children, youth and young adults. While there are some similarities between both, each training has unique qualities.

Learn more ... and get started with one (or both) today!



## Safe Spaces

Safe spaces helps individuals working with children and youth recognize and respond to signs of trauma and stress.

**Languages:** English & Spanish

**Format:** Online

**Length:** 2 hours

**Key Audience:** Individuals working with children and youth ages 0-18 with an emphasis on the education community

**CME/CE Credit Available:** Yes


**Focus Areas:** Adverse childhood experiences, toxic stress, and strategies for regulation

**Learn More:** [questions@acesaware.org](mailto:questions@acesaware.org)



Take the Training

## Open Doors



Open Doors offers tools for adults to support engagement with youth who may use substances or are managing other behavioral health concerns.

**Language:** English

**Format:** Online with in-person component

**Length:** 10 hours total: 2 hours (online), 8 hours (in-person)

**Key Audience:** Individuals working with youth ages 12-26 with an emphasis on system-involved youth

**CME/CE Credit Available:** Yes

**Focus Areas:** Substance use or other behavioral health concerns, harm reduction

**Learn More:** Alina Sanchez at [asanchez@catalyst-center.org](mailto:asanchez@catalyst-center.org)



Get Trained