

COMMUNITY WELLBEING

Trainings to build Resilience, Connection & Care



Great Rivers
UNITED WAY

The following training opportunities are provided by Great Rivers United Way staff to support the community in learning more about mental health, mental wellness, and resilience-building strategies in support of Great Rivers United Way's focus on improving Mental Wellbeing throughout the region.



Mental Wellness Strategies

Equips participants with practical tools to manage stress and support mental well-being. Participants learn simple, evidence-based strategies to improve health, reduce burnout, and foster a healthier, more supportive culture.

- 🕒 60-90 minutes
- 👤 General public
- 💰 No charge



Intro to Adverse Childhood Experiences (ACEs) & Resilience

Introduces the science behind ACEs and the key components of resilience. Participants will explore practical stress-busters and strategies for incorporating resilience-building and trauma-informed perspectives into their personal and professional lives.

- 🕒 60-90 minutes
- 👤 General public
- 💰 No charge



Foundation of Adverse Childhood Experiences & Resilience

Expands on the Introduction to ACEs training, allowing for more in-depth interaction and activities for deeper understanding of the concepts. The training will also allow teams to have discussions about how to apply within their organization.

- 🕒 4 hours
- 👤 Direct care or support staff
- 💰 No charge



Youth Mental Health First Aid

A course for parents, caregivers, and any adult who supports youth ages 12 to 18. Participants will learn how to identify signs of mental health and substance use challenges.

- 🕒 8 hours
- 👤 General public ages 18+
- 💰 Contact us for cost info



Adult Mental Health First Aid

Teaches how to help someone who may be struggling with a mental health challenge. Participants learn how to recognize, understand and respond to signs of mental health or substance use challenges – and offer the first level of support.

- 🕒 8 hours
- 👤 General public ages 18+
- 💰 Contact us for cost info

Additional offerings on reverse...



Youth Vaping Prevention & Supports

Increases understanding of why young people vape and provides practical tools for prevention, early intervention, and supportive conversations. Participants learn how to address vaping with empathy, consistency, and effectiveness.

- 🕒 60-90 minutes
- 👤 General public, tailored to adults or youth
- 💰 No charge



Question Persuade Refer (QPR) Suicide Prevention Training

A suicide prevention training that teaches how to recognize warning signs, start caring conversations, and connect someone who may be struggling to help.

- 🕒 2 hours
- 👤 General public ages 15+
- 💰 No charge



Empathy, Coping Skills & the Power of Connection

Youth will build emotional awareness, skills for stronger relationships, and resilient responses to stress. The session also explores healthy coping skills and guides participants in building their own personalized coping toolkit.

- 🕒 60 minutes
- 👤 High school age youth
- 💰 No charge

For Corporate & Nonprofit Partners

In addition to offering any of the above trainings privately, just for your workforce, Great Rivers United Way can present on a variety of topics as convenient Lunch & Learns.



Mental Wellness Lunch & Learns

A short session for organizations to introduce employees to any of the following topics: Mental Health 101, vaping prevention, or workplace wellness strategies.

- 🕒 Flexible
- 👤 Employees
- 💰 No charge

Contact Information

If you're interested in any of these trainings, please contact the following Great Rivers United Way staff.



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