



# Prevention & Early Access Community Education Calendar:

## Save the Dates

**Thursday, September 14, 2017: The Deadly Triangle with Dr. Arbore PsyD:**  
Explore the relationship between depression, substance abuse and suicide in Older Adults. Registration begins at 12:15 PM with Program from 1 PM - 4PM. Light refreshments will be provided.

**Wednesday, October 18, 2017: Mental Health First Aid:**  
Let's make Mental Health First Aid as common as CPR! Learn how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. This is an all day 8-HR course. Registration begins at 7:45 with Program from 8:30 AM - 5 PM. Continental breakfast & Lunch will be provided.

**Friday, November 3, 2017: Happiness with Dr. Kim Gauntlett, PsyD:**  
Prepare yourself for the holidays! Do the holidays bring you stress and strife? Learn how to help make the holidays a time of joy and peace. Your happiness can lead to feelings of improved well-being, increased positive feelings and potentially good health and even extend your longevity! Registration begins at 8:30 AM with Program from 9:00 AM to noon.

**Thursday, December 14, 2017: Mental Health First Aid for Older Adults:**  
Learn the unique risk factors and warning signs of mental health problems in adults over the age of 65. Build understanding of the importance of early intervention, and how to help an older adult in crisis or experiencing a mental health challenge. This is an all day 8-HR course. Registration begins at 7:45 AM with Program from 8:30 AM - 5 PM. Continental breakfast & Lunch will be provided.

\*We will continue to update this Save the Date as more information becomes available. 2018 Workshop information will be released before the end of the year.

\*All Trainings will be held at Joe Nelson Community Center  
611 Village Drive, Suisun, unless otherwise noted on the official flyer.

\*Official event flyers will be released approximately 3 weeks prior to the event date, to register on our distribution list please email [sarap@aaans.org](mailto:sarap@aaans.org) to assure you receive event communication.



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