

# The Monthly Thrive



## Thrive Within

By Lifetime Counseling Center

### MARCH 2026

## Free Community Trainings

Over the next few months, clinicians from Lifetime Counseling Center will present training workshops that are free to the public. Some trainings will have CEUs available.

### Resilience Framework: Recognize, Restore, Reframe

- Virtual or in person on March 6<sup>th</sup> 9:30am - 11:00am

### Thriving Community: Supporting a Culture of Wellness

- Two sessions in person on April 23<sup>rd</sup> and 30<sup>th</sup> 8:30am - 12:00pm

### Trauma Informed Care: Understanding Trauma

- Virtual or in person on May 15<sup>th</sup> 8:45am - 12pm

Scan the QR code to register or see attached flyer for additional details. We look forward to seeing you there!



Register now!



## Making Our Own Luck

This month we might find the idea of “luck” on our mind. So often we think of luck as if it is something that drifts through the air, something that is unpredictable and reserved for a fortunate few. However, luck can actually be about choice and mindset. Why sit around waiting for luck to arrive when we can make our own?

Here are some ideas to make your own luck:

- Practice a positive mindset - focus on the fortunes you already hold in your life
- Take action - actively work toward the goals you're passionate about
- Expand your network - attend events and join communities; you have no idea where connections can lead you
- Reframe - no one is immune to failure, but when we view it as a temporary setback we can adjust and move forward
- Say yes - get outside of your comfort zone; you never know where new experiences will lead you
- Stay curious - asking questions and exploring interests may open unexpected doors

## Dates and Events

- 3/6 - Resilience Framework Training
- 3/7-3/8 - Cocoa Village Spring Art & Craft Fair
- 3/17 - St. Patrick's Day
- 3/21 - Brevard March for Meals 5K
- 3/23-3/27 - BPS Spring Break
- 3/28 - WAYS Race to Independence 5K



988 SUICIDE & CRISIS LIFELINE

*A Journey to Resilience*  
A program of Space Coast Health Foundation  
& Lifetime Counseling Center

# Community Training Schedule

## Resilience Framework

Recognize • Restore • Reframe

Virtual or In Person

Friday, March 6, 2026 from 9:30am to 11am

An engaging and interactive training designed to help professionals, caregivers, and community leaders learn strategies to help manage workplace stressors, as well as compassion fatigue, vicarious trauma, and burnout.

## Thriving Community Training

Promoting a Culture of Wellness

In Person - Session 1 Thursday, April 23, 2026 from 8:30am to 12pm

In Person - Session 2 Thursday, April 30, 2026 from 8:30am to 12pm

A comprehensive two-part training series designed to enhance understanding of mental health difficulties, how stress and adverse experiences can impact the mind and body, and how to help yourself and others deal with day-to-day stressors while promoting a culture of wellness in our community.

## Trauma Informed Care

Understanding Trauma

Virtual or In Person

Friday, May 15, 2026 from 8:45am to 12pm

This training explores how trauma affects the brain, overall health, and behavior across the lifespan—from childhood through adulthood. This session will equip professionals, caregivers, and community leaders with the insight needed to recognize signs of trauma and respond with empathy and effectiveness.

CEU Approved Training ~ Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider # 50-53265

In-person trainings will be held at the Center for Collaboration:  
1100 Rockledge Blvd., Rockledge, FL

Virtual Trainings will be hosted on Zoom. Individual links will be sent following registration.

Due to funding from the state of Florida, all trainings are provided at no cost.



Register now!



**Thrive Within**

By Lifetime Counseling Center

CEUs awarded for this training by Space Coast Health Foundation d/b/a Lifetime Counseling Center  
Florida Certification Board Approved Provider #5529A  
Mental Health, Child Welfare, Peer Services, Prevention/CHW and Case Management

For information email: [denise.downing@lccbrevard.org](mailto:denise.downing@lccbrevard.org)