

# Community Training Schedule

## 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

**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.

**FCB Approved Training~Provider#5529A & CEU Approved Training~Provider#50-53265**

**\*See Below for Board Details\***

**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.**

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



## Thrive Within

**By Lifetime Counseling Center**

CEU's awarded by Space Coast Health Foundation d/b/a LIFETIME COUNSELING CENTER  
Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling;  
Florida Council of Dietetics and Nutrition; Florida Council of Licensed Midwifery; Provider # 50-53265  
Florida Certification Board Approved Provider #5529A (Mental Health, Child Welfare, Peer Services,  
Prevention/CHW and Case Management)

**Register now!**

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