

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

MAY 2026

Free Community Trainings

There's still time to sign up for our final community training! Join us in person or virtually for our Trauma Informed Care training.

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.

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



Register now!



Make Yourself a Priority

This month we recognize Mental Health Awareness Month. This is a great time to check in with your mind and body to focus on your self-care practice.

While social media might have us thinking self-care needs to be a grand vacation or extravagant spa day, that's not the case at all. Self-care is as simple as it sounds. Here are some simple ways to truly implement a self-care practice this month.

- attend preventative doctor appointments
- stay hydrated
- get quality sleep
- fuel your body with nutritious foods
- spend time in nature
- move your body
- practice grounding
- sit in silence
- reduce processed foods
- practice good hygiene

Dates and Events

- 5/9 - 5/10 - Cocoa Village Art and Craft Fair
- 5/10 - Mother's Day
- 5/15 - Trauma Informed Care Training at Center for Collaboration
- 5/22 - Last day of school for BPS students
- 5/23 - Turkey Creek 5k Trail Run
- 5/25 - Memorial Day



988 SUICIDE & CRISIS LIFELINE

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

Community Training Schedule

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.

**FCBAprovedTraining~Provider#5529A &
CEUApprovedTraining~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.



Register now!



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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)

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