

Supplemental Trainings for Workforce Providers

SELF-CARE AND BOUNDARIES

Provider Wellbeing & Self-Care: Mindfulness-Based Self-Regulation (59 minutes)

Click: [Provider Wellbeing & Self-Care: Mindfulness-Based Self-Regulation \(wellbeing4la.org\)](https://wellbeing4la.org/Provider-Wellbeing-&Self-Care-Mindfulness-Based-Self-Regulation)

Provider Wellbeing & Self-Care: Radical Acceptance (59 minutes)

Click: [Provider Wellbeing & Self-Care: Radical Acceptance \(wellbeing4la.org\)](https://wellbeing4la.org/Provider-Wellbeing-&Self-Care-Radical-Acceptance)

Supporting Wellbeing in the Workplace: Boundary Management

Click: [Supporting Wellbeing in the Workplace: Boundary Management \(wellbeing4la.org\)](https://wellbeing4la.org/Supporting-Wellbeing-in-the-Workplace-Boundary-Management)

MOTIVATIONAL INTERVIEWING

Motivational Interviewing for Adolescents and Young Adults Using Cannabis (44 minutes)

Click: [Motivational Interviewing for Adolescents and Young Adults Using Cannabis \(wellbeing4la.org\)](https://wellbeing4la.org/Motivational-Interviewing-for-Adolescents-and-Young-Adults-Using-Cannabis)

WORKING WITH LGBTQ YOUTH

Providing Quality Services to LGBTQ People: An Introduction for Staff

Click: [Providing Quality Services to LGBTQ People: An Introduction for Staff \(wellbeing4la.org\)](https://wellbeing4la.org/Providing-Quality-Services-to-LGBTQ-People-An-Introduction-for-Staff)

Meeting the Needs of LGBTQ People: Best Practices for Affirming Communication

Click: [Meeting the Needs of LGBTQ People: Best Practices for Affirming Communication \(wellbeing4la.org\)](https://wellbeing4la.org/Meeting-the-Needs-of-LGBTQ-People-Best-Practices-for-Affirming-Communication)

WORKING WITH IMMIGRANT POPULATIONS

Breaking Barriers: Using Community-Engaged Approaches to Address Trauma and Mental Health Disparities in Immigrant Populations

Click: [Breaking Barriers: Using Community-Engaged Approaches to Address Trauma and Mental Health Disparities in Immigrant Populations \(wellbeing4la.org\)](https://wellbeing4la.org/Breaking-Barriers-Using-Community-Engaged-Approaches-to-Address-Trauma-and-Mental-Health-Disparities-in-Immigrant-Populations)

Immigrant Children and Families and COVID-19

Click: [Immigrant Children and Families and COVID-19 \(wellbeing4la.org\)](https://wellbeing4la.org/immigrant-children-and-families-and-covid-19)

TRAUMA INFORMED CARE

Trauma Informed Care

Click: [Trauma Informed Care \(wellbeing4la.org\)](https://wellbeing4la.org/trauma-informed-care)

SUICIDE PREVENTION

Youth Suicide Assessment and Prevention Training

Click: [Youth Suicide Assessment and Prevention Training \(wellbeing4la.org\)](https://wellbeing4la.org/youth-suicide-assessment-and-prevention-training)

Suicide Prevention in a Virtual Classroom

Click: [Suicide Prevention in a Virtual Classroom \(wellbeing4la.org\)](https://wellbeing4la.org/suicide-prevention-in-a-virtual-classroom)

ADRESSING RACISM AND ANTI-RACIST WORK

The Courageous Educator: Addressing Racism and Microaggressions in the Classroom

Click: [The Courageous Educator: Addressing Racism and Microaggressions in the Classroom \(wellbeing4la.org\)](https://wellbeing4la.org/the-courageous-educator-addressing-racism-and-microaggressions-in-the-classroom)

Praxis of Intersectionality: Examining our Axes of Power and Oppression to Support Our Anti-Racist Work and Cultural Responsiveness

Click: [Praxis of Intersectionality: Examining our Axes of Power and Oppression to Support Our Anti-Racist Work and Cultural Responsiveness \(wellbeing4la.org\)](https://wellbeing4la.org/praxis-of-intersectionality-examining-our-axes-of-power-and-oppression-to-support-our-anti-racist-work-and-cultural-responsiveness)