

COMMUNITY BASED LEARNING TRAINING SERIES

FREE
Mental Health
trainings for the
community!

Curriculums and program designs were developed through the Alameda County Behavioral Health Innovations Grant Program.

ACBH Office of Ethnic Services and HHREC present a Black History Month Event



Decolonizing the Psyche

Dr. Amber McZeal – Evolution Muse Healing Arts Production

Wednesday, February 23, 2022: 1:00–2:30pm

Amber McZeal weaves somatic practice with social justice and spirituality that explore the decolonial turn in psychology and emergent perspectives shifting healing approaches, attitudes and practices. A cultural change agent she emboldens & empowers organizations and community members to create new and positive actions for the best mental health practices.

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Leading with Wellness

Asara Tsehai – A Touch of Life

Friday, February 25, 2022: 1:00–2:30pm

Asara Tsehai brings her extensive knowledge in the field of holistic health to her Community Based Learning Training. Dedicated to increasing improvements in mental health services, Asara provides education and skill development in the areas of leadership, mental health, reducing trauma-induced stress, anxiety and depression.

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Incorporating the Illumination of Culturally Congruent Well-being and Wholeness

Dr. Lawford Goddard - The Saku Project

Monday, February 28, 2022: 1:00–2:30pm

A leader in his field, Dr. Goddard's training is grounded in Black Psychology and cultural and spiritual features specific to the African American community. This training improves the “culturally grounded services” of existing non-African American community service providers to increase “culturally congruent services” to that community.

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For more information on CBL Training: www.acmhsa.org

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