

2026 FREE MENTAL HEALTH TRAININGS

Trainings offered through Mental Health America of Hawaii
Held in the CCHBH conference room. 53 S. Puunene Ave, Suite 105, Kahului, HI 96732



**CERTIFIED COMMUNITY
BEHAVIORAL HEALTH CLINIC**
MAUI COUNTY



**MAR
19**

Schizophrenia Education and Advocacy
**Open to Community 5:00 PM - 6:00 PM*

**APR
23**

Live Your Life Well: Self Care Routines
**Open to Community 5:00 PM-6:00 PM*

**MAY
21**

Vicarious Traumatization
**Direct Service Providers only 12:00 PM - 1:00 PM*

**JUN
23**

**A Practice in Coping Skills to Manage Anxiety
(Self, Others and Keiki)**
**Open to Community 5:00 PM - 6:00 PM*

**JUL
23**

Addressing Anxiety and Stress
**Direct Service Providers Only 12:00 PM - 1:00 PM*

**AUG
27**

Sexual and Gender Minority 101
**Open to community 5:00 PM - 6:00 PM*

**SEP
24**

Healing and Grief (Waiting for Change)
**Direct Service providers only 12:00 PM - 1:00 PM*

**OCT
22**

Tips and Strategies for Surviving and Thriving
**Open to Community 5:00 PM - 6:00 PM*

