

## Family Trainings and Programs (for 2023 school year)

<https://www.rccmhc.org/for-families> full descriptions are here

<https://www.rccmhc.org/calendar-events> online monthly calendar “at a glance”

Unless otherwise noted, all programs are ONLINE on Zoom. Some topics will be announced closer to the program date.

DATE	TIME	PROGRAM	TOPIC
Monday, February 27	6:30 to 8:00	MH 101	Mindful Parenting: managing challenging behaviors and emotions; Relax, Reflect, Respond
Tuesday, February 28	5:00 to 6:00	EC Jam	Early childhood special needs such as autism
Monday, March 06	5:00 to 6:00	Moodie Monday	Journaling for ages 6 to 12
Thursday, March 09	5:00 to 6:30	Healing Arts	Hip Hop Healing (dance) ages 12+
Monday, March 13	6:30 to 8:00	MH 101	Relationship-Based Communication and Fierce Advocacy
Wednesday, March 15	10:30 to Noon	FSC Committee	This committee informs policy for Ramsey County and plans RCCMHC projects
Monday, March 20	6:30 to 8:00	Wellness	Mindfulness
Tuesday, March 28	5:00 to 6:00	EC Jam	Early Childhood- topic TBA
Monday, April 03	5:00 to 6:00	Moodie Monday	Ocean in a Bottle
Monday, April 10	6:30 to 8:00	MH 101	Youth Mental Health and Crisis De-escalation
Tuesday, April 11	6:00 to 7:00	Special Program	Masculinity and Youth Mental Health
Thursday, April 13	5:00 to 6:30	Healing Arts	Ages 12+ (topic TBA)
Monday, April 17	5:30 to 7:00	Special Wellness Program	Breakout rooms, dinner delivery
Wednesday, April 19	10:30 to Noon	FSC Committee	This committee informs policy for Ramsey County and plans RCCMHC projects
Monday, April 24	6:00 to 8:00	Mental Health and Wellbeing Resource Fair	Meet with local agencies in breakout rooms- “one stop shopping” for services and supports
Tuesday, April 25	5:00 to 6:00	EC Jam	Early Childhood- topic TBA
Monday, May 01	5:00 to 6:00	Moodie Monday	My Move, My Mood
Tuesday, May 02	6:00 to 8:00	Financial Health & Wealth Resource Fair	Stay Tuned—this resource fair may be in person!
Monday, May 08	6:30 to 8:00	MH 101	Systems Navigation
Thursday, May 11	5:00 to 6:30	Healing Arts	Ages 12+ (topic TBA)
Monday, May 15	6:30 to 8:00	Wellness	Let’s practice Systems Navigation tools and strategies
Wednesday, May 17	10:30 to Noon	FSC Committee	This committee informs policy for Ramsey County and plans RCCMHC projects
Tuesday, May 30	5:00 to 6:00	EC Jam	Early Childhood- topic TBA
Monday, June 05	5:00 to 6:00	Moodie Monday	Breathe like a Teddy Bear
Thursday, June 08	5:00 to 6:30	Healing Arts	Ages 12+ (topic TBA)
Monday, June 12	6:30 to 8:00	MH 101	Youth Mental Health Disorders + Brain/Body Connection
Monday, June 19	6:30 to 8:00	Wellness	Topic TBA
Wednesday, June 21	10:30 to Noon	FSC Committee	This committee informs policy for Ramsey County and plans RCCMHC projects
Tuesday, June 27	5:00 to 6:00	EC Jam	Early Childhood- topic TBA



**Questions?** Text us at 800-565-2575 or email [family@rccmhc.org](mailto:family@rccmhc.org)