



Wisdom & Wellbeing

Community Mental Health and Wellness Coalition UVAHealth

Earn 3.5 free CE's per training!



TIER 2: TEAM SUPPORT CHAMPION TRAINING

*Participants must complete the Tier 1 online training modules before attending Tier 2. [Click here to access Tier 1.](#)

Tier 2 training builds on Tier 1 skills for individuals interested in serving as skilled peer support resources for team stress management. It prepares Team Support Champions to understand colleagues' strengths and challenges, provide strategies for team well-being, and recognize when additional support is needed.

This four-hour free virtual training consists of two sessions, both of which participants must attend to receive course credit:

Session One: Thursday, July 18th from 8-10 AM

Session Two: Thursday, July 25th from 8-10 AM



REGISTER TODAY

For more information, please contact cmhwc@regionten.org

