

BRIDGES Trainings 2018-19:

Building Recovery of Individual Dreams and Goals through Education and Support is a peer to peer training that will teach you how to instruct other peers in a 10 class course. The classes are designed to educate people with mental health issues about: stages and principles of support, diagnosis, treatments, effective communication, problem solving, and advocacy. Facilitation skills are learned to help you facilitate support groups using the BRIDGES method. For those who have never had the training, the 5 day training is required. For those who have had the training, the 1day refresher applies. There are no fees for trainings.

WEST:

5 Day- August 20-24, 2018, 8:30am-5pm Behavioral Health Initiatives, 15 Executive Drive, Jackson

Refresher- November 27, 2018, Lowenstein House, 821 S. Barksdale, Memphis

MIDDLE:

5 Day- January 21-25, 2019, 8:30am-5pm, TAADAS, 1321 Murfreesboro Pike, Nashville

Refresher- February 5, 2019, 8:30am-5pm, TAADAS, 1321 Murfreesboro Pike, Nashville

EAST:

5 Day: December 10-14, 2018, 8:30am-5pm, Watauga Recovery Center, 3114 Browns Mills Rd, Johnson City

Refresher- March 5, 2019, 8:30am-5:00pm, 200 West 5th Avenue, Knoxville