

HOPE CHAMPIONS NETWORK

TRAIN-THE-TRAINER COURSE



Be equipped to deliver four 2-hour training courses:

- Trauma & Resilience
- Empathic Strain & Self-Care
- Building Hope in Yourself & Others
- Using Hope Science to Drive Outcomes

Register:



Participants will be trained to act as a **Hope Champion**, an individual who can help community members make connections between hope science and well-being initiatives.

August 6 & 7 from 9 AM – 4 PM
Midwest Mental Health Center,
600 W Sheridan Ave,
Shenandoah, IA 51601

Training fees and lunch is covered by the IWF for those working in the following counties: Audubon, Crawford, Cass, Fremont, Green, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie, Sac, Shelby and Taylor