



ALAMEDA COUNTY BEHAVIORAL HEALTH  
**COMMUNITY BASED LEARNING**

Training Program

The Health and Human  
Resource Education Center  
Invites You to Celebrate

# BUILD RELATIONSHIPS MONTH



**Thursday April 27, 1-2:30 PM**

## **Fostering Emotional Safety in Our Communities**

Nikole Lim, Jean Nangwala - FREELY IN HOPE

According to a study conducted by Gallup, safety is one of the critical needs of community members. As leaders, the systems, cultures, and values that we create can either damage or promote a sense of safety, particularly for people who have experienced trauma. In this workshop, learn the primary components of emotional safety and practical ways to transform your systems. [Register Here](#)



**Thursday, April 27, 10-11:30 AM**

## **Returning Citizens - Families Of Formerly Incarcerated**

Facilitator: Gaylon Logan, Jr.

Family members share their challenges and experiences of their loved ones returning home after incarceration. [Register Here](#)



**Friday, April 28, 1-2:30 PM**

## **Getting Back To Basics, Family And Community Health**

Asara Tsehai

Asara Tsehai, African Medicine Woman and Holistic Healer brings her extensive knowledge to the Community Based Learning Training program. Learn how to simplify your approach to health and create a health-related mindset. Learn basic practices that empower you, your family and your community to embrace a healthy lifestyle. Asara provides education and skill development in leadership, mental health, and reducing trauma-induced stress, anxiety and depression. [Register Here](#)

CBL Trainings are free to Alameda County residents and service providers. Visit [acmhsa.org](http://acmhsa.org)

For questions, contact Ava M. Square,  
TA Program Manager, [tacbl@gmail.com](mailto:tacbl@gmail.com)



HEALTH & HUMAN RESOURCE  
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