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Family-Focused Navigation of the Mental Health System

Dates: December 4, 2026; March 5, 2027; April 9, 2027; May 7, 2026

Time: 1:30 PM

Location: Virtual

Build practical skills to confidently support families navigating mental health services. This interactive training will explore how to identify family needs and stressors, prepare for appointments, communicate effectively with providers, and simplify complex processes into manageable steps. Participants will also learn strategies to support caregiver mental health, promote family well-being, and connect families with valuable community resources.

Through engaging breakout scenarios and real-world examples, participants will strengthen their navigation skills and leave with a practical tool they can immediately apply in their Certified Family Peer Specialist (CFPS) role.

This training is eligible for 2 contact hours.

To Register: Family-Focused Navigation of the Mental Health System

NC-HB-FC-025526-26-GRP7150 November 2026

healthybluenc.com

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