

HEALTH PROFESSIONS PRE-LICENSURE AND SHARED COURSES

NURSING ASSISTANT/GERIATRIC AIDE

Certified Nursing Assistants/Geriatric Aides provide basic care to patients under the direct supervision of a nurse. They are able to perform delegated duties in a hospital, doctor's office, nursing home, or assisted living facility. This training consists of classroom and laboratory competency-based modules designed to prepare the student for employment in an acute care or long-term care facility. Many home care agencies also find this certification beneficial.



This course is approved through the Maryland Board of Nursing; successful completion allows the student to apply for certification in MD as a CNA and prepares students to take the National Nurse Aide Assessment Program Exam.

The three (3) courses that make up this certification are: Assistant/Geriatric Aide Classroom (parts I & II), Nursing Assistant/Geriatric Aide Clinical, and BLS (Basic Life Support) CPR.

Health and Human Service Professionals

NURSING ASSISTANT/GERIATRIC AIDE CERTIFICATION TRAINING (CHE322/CHE342)

This course is designed to provide students with the classroom theory and clinical skills essential in assisting nurses in delivering proper basic bedside care of patients across the life span. This program offers a broad foundation of knowledge and skills for the Certified Nursing Assistant and the Geriatric Nursing Assistant. Successful completion of the course qualifies the student to apply for Maryland certification and to sit for the National Nurse Aide Assessment examination. Graduates will be able to seek employment in a variety of health care settings. Course work emphasizes growth and development throughout the life span, basic personal care, vital signs, communication and interpersonal skills, nutrition, medical asepsis, legal and ethical responsibilities, safe and efficient work practices, and medical terminology. In order to successfully pass this course, students must achieve a grade of "C" or better along with meeting the academic standards of the college.

Nursing Assistant/Geriatric Aide Classroom (CHE322/CHE342)

02/16-05/08, MTWTH (32 sessions)

6:00PM-9:15 PM

ACM: CE15

Instructor: Brenda Castle

Course Cost:

In County: \$1,185

Out of County: \$1,793

Regional: \$1,897

Out of State: \$2,209

Course cost includes materials fee, criminal records history check, CE registration fee, record retention fee. Books are not included in the course cost.

Nursing Assistant/Geriatric Aide Clinical (CHE332)

04/27-05/08, MTWTHF (10 sessions)

4:00PM-9:00PM

Location: Off-site, Long-Term care facility to be determined by instructor

Instructor:TBD

Course Cost:

In County: \$565

Out of County: \$1,021

Regional: \$1,099

Out of State: \$1,333

Course cost includes materials fee, criminal records history check, CE registration fee, record retention fee. Books are not included in the course cost.

Course cost includes the CE registration fee, MBON (Maryland Board of Nursing) certification fee and NNAAP Exam fee.

Health and Human Service Professionals

PHARMACY TECHNICIAN CERTIFICATION

This program prepares students with the knowledge and skills required for the registry exam for the state of Maryland. Students will learn about drug classifications, generic and name brands, dosage calculations, and state and federal laws regarding working in a pharmacy. The student will work with analytical balances and compounding equipment that will prepare them for clinical application. A variety of measurement systems will be covered in the course, as the student will need to be able to apply conversions properly. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college. The courses that make up this certification are: Pharmacy Technician 101 (parts I & II), Pharmacy Technician 102 Internship Lecture, Pharmacy Technician Internship clinical (parts I, II & III) and BLS (Basic Life Support) CPR.

This training is approved by the Maryland Board of Pharmacy. Successful completion allows to student to apply for registration as a pharmacy technician in MD.

**Prior to registering for the Pharmacy Technician Certification program, prospective students must meet with the program coordinator. Please contact Program Coordinator, Deborah Henson at dhenson@allegany.edu or 301-784-5529. Students must also demonstrate successful achievement on a standardized test assessing reading and math.*



Health and Human Service Professionals

Pharmacy Technician 101

(CHE323/CHE343)

This course will cover knowledge areas and skills required and tested on the registry exam for the state of Maryland. Students will learn about drug classifications, generic and name brands, dosage calculations, and state and federal laws regarding working in a pharmacy. The student will work with analytical balances and compounding equipment that will prepare them for clinical application. A variety of measurement systems will be covered in the course, as the student will need to be able to apply conversions properly. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college.

01/14-05/08, MTW (45 sessions)

3:00PM-5:10PM

ACM: CE15

Instructor: Krista Barry

Course Cost:

In County: \$921

Out of County: \$1,833

Regional: \$1,989

Out of State: \$2,457

No Senior Waiver/Discount

Course cost includes materials and CE registration fee. Book costs are not included in the course cost.

Pharmacy Technician 102 (CHE324)

This lecture/lab course will reinforce student's clinical internship experiences. Students must complete both this lecture and the corresponding lab/internship to earn their Pharmacy Technician Certificate and to apply for MD registration.

01/14-05/08, T (15 sessions)

5:15PM – 6:05PM

ACM: CE15

Instructor: Krista Barry

Course Cost:

In County: \$303

Out of County: \$455

Regional: \$481

Out of State: \$559

No Senior Waiver/Discount

Course cost includes the required criminal records history check, CE registration fee, and materials fee. Book costs are not included in the course cost.

Pharmacy Technician Clinical

Internship

(CHE325/CHE326/CHE328)

Students will spend 15 to 18 hours each week for a total of 160 hours in a retail pharmacy, hospital pharmacy or institutional pharmaceutical setting receiving practice as a Pharmacy Technician under the supervision of a registered pharmacist. Times will vary based on facility needs. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college. Instructor consent is required to take this course.

Location: Various pharmacy sites as determined by instructor

Time: TBD by pharmacy site and student Instructor: Krista Barry

Course Cost:

In County: \$580

Out of County: \$1,202

Regional: \$1,306

Out of State: \$1,618

No Senior Waiver/Discount

Course cost includes the CE registration fee and record retention fee.

Health and Human Service Professionals

MEDICINE AIDE CERTIFICATION AND RENEWAL

Medicine Aide Certification (CHE433)

This course meets the requirements for the State of Maryland for recertification as a medicine aide. In order to successfully complete the course, students must be present throughout and score a minimum of 80% on the written final exam. Students must provide a letter from a long-term care facility as verification of employment and MBON licensure proof to be eligible to take the class. This course is approved by the Maryland Board of Nursing.

Minimum enrollment is required for this class to run.

*Prior to registering, prospective students must meet with the program coordinator. Please contact Deborah Henson at dhenson@allegany.edu or 301-784-5529.

Offered on a 3-month cycle (February, May)
Tuesday, 5:00PM-8:00PM (3 Sessions)
Location: CE (room TBD)
Instructor: Debra Savage, RN
Course Cost: \$115
Maryland Senior Course Cost: \$105

SHARED COURSES

Advanced Cardiovascular Life Support (ACLS) (CPR769)

Who should take this course?
Healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other

cardiovascular emergencies. This includes personnel in emergency response, emergency response, emergency medicine, intensive care, and critical care units such as physicians, nurses, and paramedics.

Course Covers:

- Basic Life support skills, including effective chest compressions, use of a bag-mask device, and use of an AED
- Recognition and early management of respiratory and cardiac arrest
- Recognition and early management of peri-arrest conditions such as symptomatic bradycardia
- Airway management
- Related pharmacology
- Management of ACS and stroke
- Effective communication as a member and leader of a resuscitation team

Successful course completion includes demonstrating skills competency in all learning stations and passing the CPR and AED skills test, a Megacode test and a written test. Upon successful completion, students receive an ACLS Provider eCard, valid for two years.

Prerequisite: Current Basic Life Support (BLS) Provider completion card, second year clinical Allied Health student or permission of instructor.

*The course above is for continuing education only. No college credit will be received.

4/11 & 4/18, Saturday (2 Sessions)

Instructor: Paula Fuller

Course Cost:

In-County: \$191

Out-of-County: \$343

Out-of-State: \$447

Health and Human Service Professionals

DENTAL RADIOLOGY

Dental Radiology (CHE618)

This course for dental assistants, has been approved by the Maryland Board of Dental Examiners and is designed to provide you with the theory and techniques used in dental radiography. Successful completion of this course makes you eligible to sit for the DANB Radiation Health and Safety Exam.

Jennifer Thompson, RDH, BS, MHL, will facilitate this course, which has been redesigned to include ZOOM lectures and lab demonstrations with homework assignments completed under the direction of the employing dentist.

Topics included are: the history of dental x-rays, radiation safety, quality assurance, radiology regulations, and patient management. We will also discuss intraoral and extra oral film exposure techniques (paralleling, bisecting, panorex) using conventional film, digital sensors and phosphor plates. Radiographic processing, mounting, and radiographic findings will also be covered. Various study materials and aides will be available in hard copy as well as through ACM's Brightspace Online Learning platform. You will be provided Brightspace log-on instructions and hands on experience navigating Brightspace during the first in-class session.

The course starts with an in-person session followed by 7 ZOOM sessions with lab demonstrations and homework assignments to be completed under the supervision of the employing dentist. Anyone without access to a compatible computer or the internet is welcome to complete the online portion on campus. (Please schedule in advance by calling 301-784-5528.) The required text, Dental Radiography Principles and Techniques, is included in the course cost.

Students must be at least 18 years of age, have a high school diploma or equivalent, and be working as a dental assistant with at least 6 months full-time experience. When registering for the course, students must submit a letter from the employing dentist stating the student has worked at least 6 months as a full-time dental assistant and that the dentist agrees to supervise the student's homework assignments at the place of employment. Upon completion of the course, the dentist must also sign a document stating the student has successfully completed all homework assignments under his or her supervision. **Attendance at all sessions is mandatory.**

5/11-6/14 (8 Sessions)

6:00 PM - 9:00 PM

ACM: AH134 (1 session only)

Course Cost: \$655

Health and Human Service Professionals

DENTAL

Check ACM webpage for details for
Spring 2026 Training.

**ALLEGANY COLLEGE of MARYLAND'S
AMERICAN HEART ASSOCIATION
TRAINING CENTER
OFFERS MANY COURSES EACH MONTH
ON A YEAR-ROUND BASIS**



Would You Know What To Do In An Emergency?

Courses taught at the ACM Training Center include Basic Life Support (BLS) Provider and Heartsaver First Aid/CPR. Students that successfully complete AHA courses receive an American Heart Association certification card valid for two years. Healthcare workers should be aware that most health-related scopes of practice require them to maintain CPR and/or First Aid certification. ***After you have found a desired class, please call 301-784-5341 to register.***

CONVENIENT SCHEDULE: ACM offers CPR and First Aid courses each month and classes are taught in the Continuing Education Workforce Development Building on ACM's main campus. Check the available dates and times on the following pages to find a course that meets your needs.

IN-HOUSE TRAINING AVAILABLE: Would your group or agency benefit from a private CPR and/or First Aid training? For more information on this in-house training opportunity, call David Smarik, 301-784-5077 or dsmarik@allegany.edu.

INSTRUCTOR CLASSES ARE FORMING! Are you interested in becoming a certified instructor for the American Heart Association? Call David Smarik, 301-784-5077 or dsmarik@allegany.edu for details and information regarding instructor training and certification. We typically run one per semester, pending interest.

Health and Human Service Professionals

TRAINING FOR THE NON-HEALTHCARE PROFESSIONAL

The ACM Training Center is committed to a standard of excellence in the teaching and training of the general public in the fundamentals of basic CPR and First Aid. An individual's survival and subsequent recovery from a heart attack or a serious accident is often directly related to the quality of care immediately provided by person(s) on the scene. The ACM American Heart Association Training Center will provide the highest caliber of instruction for individuals seeking certification.

Heartsaver First Aid and Adult CPR (with optional Child CPR AED and Infant CPR) (CPR101)

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace, and nearly 80 percent of sudden cardiac arrests occur outside the hospital.

Heartsaver First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency. In this course, students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Upon successful completion of the course, students will receive an AHA Heartsaver First Aid CPR AED course completion card, valid for two years.

Audience: Non-Healthcare professionals including childcare workers, babysitters, firefighters, police, airline personnel, security guards, or family members of patients at high risk for cardiac arrest. *This course meets OSHA standards for First Aid.*

Prerequisites: None. This course is specifically designed for the Non-Healthcare person, so students are not expected to know any of the material or have related experience. The cost of registration includes a workbook and certification card.

01/24, Saturday (1 session – 8:00AM-4:00PM)
03/03, Tuesday (1 session – 8:00AM-4:00PM)
04/04, Saturday (1 session – 8:00AM-4:00PM)
05/11 & 05/12, Mon./Tues. (2 evening sessions – 5:00PM-9:00PM)
06/09, Tuesday (1 session – 8:00AM-4:00PM)
07/11, Saturday (1 session – 8:00AM-4:00PM)
09/22, Tuesday (1 session – 8:00AM-4:00PM)

All Sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

Health and Human Service Professionals

TRAINING FOR HEALTHCARE PROFESSIONALS

Basic Life Support (BLS) Provider (CPR775)

The Basic Life Support (BLS) Provider Course is a video-based, Instructor-led course that teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.



BLS Provider teaches skills using the American Heart Association's proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills. Upon successful completion of the course, including a CPR and AED skills test and a written test, students receive an AHA BLS Provider course completion card, valid for two years.

Audience: Physicians, nurses, paramedics, EMT's, respiratory, physical & occupational therapists, physician assistants, residents, medical/nursing students, aides, and other allied health personnel and lifeguards that choose to pursue this important credential for personal and/or work-related reasons.

Prerequisites: None. This course is recommended for the professional healthcare provider. The cost of registration includes the cost of the workbook and the certification card.

01/13, Tuesday (1 session – 8:00AM-4:00PM)
02/02 & 02/03, Mon./Tues. (2 sessions – 5:00PM-9:00PM)
03/07, Saturday (1 session - 8:00AM-4:00PM)
04/13 & 04/14, Mon./Tues. (2 sessions – 5:00PM-9:00PM)
06/06, Saturday (1 session – 8:00AM-4:00PM)
07/06, Monday (1 session – 8:00AM-4:00PM)
08/08, Saturday (1 session – 8:00AM-4:00PM)
08/20, Thursday (1 session – 8:00AM-4:00PM)

All Sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

Health and Human Service Professionals

BLS RENEWAL CLASS

Basic Life Support (BLS) Provider RENEWAL (CPR776)

The AHA has added a BLS Renewal Course option for BLS providers to complete BLS training and receive a BLS Provider course completion card. The BLS Renewal Course is a video-based, Instructor Led Training course that features accelerated content. It is designed specifically for providers with a current BLS Provider course completion card and allows for time efficiency while teaching both single-rescuer and team basic life support skills in both in-facility and prehospital settings.

Prerequisites: Students must present their current (OR within 30 Days of Expiration) BLS Provider card to the instructor upon arrival to the class. The instructor maintains the right to dismiss a student that does not present a valid BLS Provider card.

The course cost includes the workbook which students will receive in class.

02/14, Saturday (1 session – 9:00AM-3:00PM)

03/21, Saturday (1 session – 9:00AM-3:00PM)

05/02, Saturday (1 session – 9:00AM-3:00PM)

09/12, Saturday (1 session – 9:00AM-3:00PM)

All sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$90

Maryland Senior Course Cost: \$85

PARAMEDIC TRAINING PROGRAM

A REGIONAL PARTNERSHIP BETWEEN GARRETT COLLEGE & ALLEGANY COLLEGE OF MARYLAND

Paramedics are allied health professionals whose primary focus is to provide advanced emergency medical care for critical and emergent patients who access the emergency medical system (EMS). Acting as a link from the scene to the healthcare system, paramedics function as part of the comprehensive EMS response, under medical oversight. After



completing the program, students will be prepared to take the national and state certification tests to obtain their National Registered Paramedic (NRP) and Maryland Paramedic certifications.

The paramedic training program is a special admissions program; specific eligibility and admission requirements must be met. The two-year training program is offered through Garrett College's nationally recognized accredited program. For more information contact David Smarik at 301-784-5077.

Health and Human Service Professionals

HUMAN SERVICES

***** Spring 2026 Classes to be offered in hybrid format, select number of in-person spots as well as virtual- please call 301-784-5530 for more information*****

Classes are only open to specifically identified health care/human service professions (ex- Addictions, LCPC, Social Work, Psychologists)

If you have a question, please contact Christa Snyder 301-784-5530 to clarify. Verification of professional certification or licensure may be required.

Strategies to Manage Emotions (DHR880)

This course will provide an overview of emotions and moods and select DSM 5 TR mood and anxiety disorders. Depressive and anxiety disorders affect tens of millions of people. Many other mental disorders (e.g., attention deficit disorder, borderline personality, post-traumatic stress disorder) and substance use disorders include mood impairments or inability to regulate emotions. Negative emotions and moods create suffering for the affected person and family, and often reduce the quality of life. This training will help practitioners understand emotions and moods, select mental disorders with mood impairment, and ways to help individuals manage emotions and moods. Focus will also be directed at managing grief associated with losses. The fields of Positive Psychology and Positive Psychiatry have increased the focus of clinical work beyond psychiatric disorders, psychological distress, or personal suffering, and now also focus on the importance of positive emotions. Participants will be introduced to these fields and will address the benefits of, and ways to increase, positive emotions such as gratitude.

The content of this workshop is based on an integration of research, clinical and recovery literature, and the extensive clinical experience of Dr. Daley in psychiatric and addiction treatment systems.

**** 6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

4/10, Friday (1 session)

9:00AM-4:00PM

ACM: CE 12-14

Instructor: Dr. Dennis Daley

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Health and Human Service Professionals

Ethical Practice in a Diverse World: Cultivating Cultural Humility & Clinician Resilience (DHR890)

This interactive, evidence-informed training supports clinicians in navigating ethical decision-making through the lens of cultural humility, self-reflection, and professional resilience. Participants examine how personal values, cultural identities, and organizational contexts shape ethical responses in diverse practice settings. The training combines case analysis, guided reflection, and small-group dialogue to promote both individual and systemic growth.

Learn to identify and apply key principles from the NASW and APA Codes of Ethics to cross-cultural practice.

- Examine implicit biases and personal "lenses" that may influence client care and supervision.
- Practice culturally responsive strategies for ethical decision-making.
- Strengthen professional resilience and boundaries when navigating ethical stress.
- Create individualized action steps for fostering inclusion and humility within their organizations.

This training meets the BSWE Anti-Oppressive Social Work Practice content requirement COMAR 10.42.06.03 A. (1) (d) and qualifies for 6 Category I continuing education units.

**** 6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

6/4, Thursday (1 session)

12:00PM-3:15 PM

ACM: CE 12-14

Instructor: Dr. Jessica Fraser, Psy.D.

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Ethics for the Healthcare Professional (DHR853)

Health care professionals face difficult ethical decisions daily, a challenge heightened by the pandemic. This day-long course aims to equip them with practical skills and knowledge for ethical decision-making. Through lectures, case studies, and discussions, participants will gain a deeper understanding of common ethical issues in health care and methods to address them.

**** 6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

***** This course has been approved for 6 CEU's for dentists, dental hygienists and dental assistants by AHEC West Provider # 301740*****

5/28, Thursday (1 session)

9:00AM-4:00PM

ACM: CE Bldg.

Instructor: Dr. David Atenasio

Course Cost: \$115

Maryland Senior Course Cost: \$110



AHEC WEST
Locally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by any regulatory authority or AGD endorsement.
04/01/24 to 03/31/27
Provider ID# 301740

AHEC West is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 4/1/2024 to 3/31/2027. AGD ID#: 301740

Health and Human Service Professionals

In partnership with Allegany County Health Department Local Behavioral Health Authority, the following trainings will be offered to licensed human service professionals.



Allegany County
HEALTH DEPARTMENT
"Healthy People, Healthy Communities"

ERPO Training (DHR868)

The National Extreme Risk Protection Order Resource Center (ERC), a part of the Johns Hopkins Center for Gun Violence Solutions, will host a 2-day training on extreme risk protection order (ERPO) implementation. ERPOs, commonly referred to as red flag laws, are used to remove firearms and firearm access from individuals at risk of harm to themselves or others. This interactive training will focus on ERPO implementation and include discussion of case scenarios when ERPO has been used, how the law works, how ERPO compares to other forms of relief/ tools for intervention, and what the research says about ERPO usage around the country and in Maryland.

- Understand how and when ERPOs are an effective tool to prevent risk of harm to self and/ or others
- Apply Maryland's ERPO law to real-life scenarios where authorities need to intervene
- Review considerations for law enforcement and other implementers regarding ERPO petitioning, service of process, firearm removal, compliance monitoring, and return of firearms

4/29, Wednesday (1 session)

12:00PM-4:15PM

ACM: CE 12-14

Instructor: Staff

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Human Service Professionals

**** 3 CEU's offered for SW, LPC, Psychologists, Addictions and other Human Service Professionals****

4/30, Thursday (1 session)

9:00AM-12:15PM

ACM: CE 12-14

Instructor: Staff

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Law Enforcement Professionals

**** MPCTC approved for 3 hours for corrections & law enforcement****

Health and Human Service Professionals

The “Zen” of De-escalation

(DHR891)

This training looks at the essential components of what it takes to de-escalate a crisis, especially the skills and practices that develop the ability to be calm and composed during crisis situations.

- Be able to define crisis in ecological terms (e.g., individual crisis, family crisis, system crisis, community crisis and the convergence of each).
- Be able to identify what is “Zen” and how does it provide guidance on how to manage crisis situations.
- Be able to identify what de-escalates a crisis both in the short term and the long term.
- Be able to identify what daily practices prepare us to support a mindset of de-escalation.
- Be able to connect how composure and compassion are professional protective factors.

**** 3 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

5/8, Friday (1 session)

9:00AM-12:15PM

ACM: CE 12-14

Instructor: Cameron Alexander

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Clinical Supervision: Helping Supervisee's Find Their

Therapeutic Voice (DHR892)

- Be able to create constructive conversation with a supervisee that is engaging and empowering.
- Explore how to enhance the supervision session.
- Be able to identify and develop a supervisee's “therapeutic voice”.
- Explore the developmental stages and competencies of a supervisee.
- Explore the importance of direct observation and deliberate practice.
- Explore one's theory of change with the intent of helping others to create their own theory of change.

**** 3CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

5/8, Friday (1 session)

1:00PM-4:15PM

ACM: CE 12-14

Instructor: Cameron Alexander

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Health and Human Service Professionals

NASW OF MARYLAND TRAININGS

MUST REGISTER FOR THE FOLLOWING CLASS AT WWW.NASW-MD.ORG

Sustaining the Work - Navigating Vicarious Trauma and Implementing Ethical Self Care

Join virtually or view at ACM

CE: 3 Category I in Anti-Oppressive Social Work Practice Content

5/18, Monday (1 session)

9:00 AM-12:15PM

Instructor: Anne Garcia

Cost: \$50 for NASW Members; \$75 for non-members; \$30 for retired NASW members; \$20 for Students

NASW JUNE TRAINING – information will be released in January 2026. Please contact Christa Snyder at casnyder@allegany.edu for more information.

Health and Human Service Professionals

Reduce Stress and Increase Your Resilience

The **ACM Resilience Institute** houses all training programs affiliated with our long-term partner, the Center for Mind-Body Medicine (CMBM). Officially established in 2023 and supported by the Community Resilience network, the ACM Resilience Institute offers mind-body skills training throughout the community, teaching powerful, evidence-based techniques to reduce stress and promote resilience.



If you are a parent or guardian of an ACPS student, you may be eligible to participate in a **FREE Mind-Body Skills group**, which can reduce and relieve stress, increase self-awareness, and create optimal health.

If you're looking to build a toolbox of practical self-regulation skills, increase resilience, and discover the power of Mind Body Medicine, enroll in an upcoming Mind-Body Skills group or attend our group.

To learn more about how the Resilience Institute can support you, your organization or your employees, please contact Jessica Orndoff at 301-784-5528 or jorndoff@allegany.edu.

These initiatives are supported by the Maryland Community Health Resources Commission and Maryland Consortium on Coordinated Community Supports. The views presented here are those of the grantee organization and not necessarily those of the Commission or Consortium.

Health and Human Service Professionals

Mind-Body Skills Groups (CHE264)

Learn the science behind improving coping skills, increasing resistance to disease, and creating optimal health. Practice evidence-based techniques, including: breathing, meditation, guided imagery, autogenics and biofeedback, nutrition and mindful eating, and self-expression in words, drawings and movement.

The Center for Mind-Body Medicine's signature model of self-care and group support, eight-session mind-body skills groups are generally two hours per session and offered over the course of four to eight weeks. Open to adults age 18 and up.

Professional CEU's available for Addictions Counselors, Professional Counselors, Psychiatrists, Psychologists and Maryland Educators.

Mind-Body Skills Group for Parents and Guardians of School-Age Children

2/10-4/7, Tuesdays (8 sessions)

4:00 PM-6:00 PM

ACM: Serenity Room (H-58)

Cost: **FREE** for Parents/Guardians of students enrolled in school
(Pre-K through 12th grade)

Orientation by Zoom to be scheduled by instructor

If you are interested in attending a group offered online, a future in-person group, or holding a group at your school or community location, please scan the QR code to complete a brief survey.

Mind-Body Skills Group Interest Form

