



Volunteer Training Schedule – 2022 Winter

Session	Date	Time	Description
# 1	January 20 Thursday	6-9:30pm	Basic principles of caring with clarity and intention
# 2	January 22 Saturday	9am-4pm	Self-awareness, grounding techniques and empathy
# 3	January 27 Thursday	6-9:30pm	Deepen understanding of compassion and learn about addictions
# 4	February 3 Thursday	6-9:30pm	Explore the nature of emotion while empathizing with others. Learn to recognize mental health crisis
# 5	February 10 Thursday	6-9:30pm	Bring kindness into the empathic process and learn about child abuse
# 6	February 17 Thursday	6-9:30pm	Practice grounding, compassion, and empathy; learn about abusive relationships
# 7	February 19 Saturday	9am-4pm	Suicide intervention and risk assessment
# 8	February 24 Thursday	6-9:30pm	Deepen healthy emotional boundaries
# 9	March 3 Thursday	6-9:30pm	Review and practices
# 10	March 10 Thursday	6-9:30pm	Crisis Line Training: phone procedures, specific types of callers

Note: The above listed training sessions cover the core training content. Please contact the Volunteer Development Coordinator volunteer@chimoservices.com for program-specific training dates for your volunteer position.