

1. Empowerment and Advocacy in Community Health

- **Description:** This training empowers participants with the skills to advocate for community health needs effectively, emphasizing their rights and the importance of self-advocacy.
- **Relevance:** Encourages active involvement in health initiatives, enhancing empowerment and community engagement.
- **Training Requirements:**
 - Hours: 4 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Advocacy tools, handouts on rights and responsibilities.
 - Textbook: "Advocacy in Health Matters" (Current Cost: \$35.00)
- **Cost:**
 - Individual Rate: \$100 (with textbook: \$135.00)
 - Group Rate (5 or more): \$80 per participant (with textbook: \$115.00)

2. Understanding Community Health Needs

- **Description:** This course provides a comprehensive overview of assessing community health needs, focusing on data collection, analysis, and health disparities.
- **Relevance:** Helps participants understand the unique health challenges of their communities and the data-driven approaches to address them.
- **Training Requirements:**
 - Hours: 6 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Needs assessment templates, community health data reports.
 - Textbook: "Assessing Community Needs" (Current Cost: \$45.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$195.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$170.00)

3. Mental Health Awareness and Literacy

- **Description:** This training provides essential information about mental health services, community resources, and how to access them effectively. Participants learn about the common mental health challenges faced by different populations.
- **Relevance:** Vital given the rising awareness of mental health issues amid societal changes.
- **Training Requirements:**
 - Hours: 5 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Brochures on mental health services, access guides.
 - Textbook: "Mental Health Literacy: A Guide to Understanding Mental Health" (Current Cost: \$40.00)
- **Cost:**
 - Individual Rate: \$125 (with textbook: \$165.00)
 - Group Rate (5 or more): \$100 per participant (with textbook: \$140.00)

4. Community Resource Mapping

- **Description:** This training focuses on identifying and utilizing community resources effectively, enhancing service delivery and client outcomes.
- **Relevance:** Equips community health workers with essential knowledge to connect clients with the appropriate resources.
- **Training Requirements:**
 - Hours: 4 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Community resource directories, mapping tools.
 - Textbook: "Mapping Community Resources: Tools for Community Health" (Current Cost: \$30.00)
- **Cost:**
 - Individual Rate: \$100 (with textbook: \$130.00)
 - Group Rate (5 or more): \$80 per participant (with textbook: \$110.00)

5. Health Promotion Strategies

- **Description:** This course teaches participants effective health promotion strategies and practices within community settings, focusing on disease prevention and health education.
- **Relevance:** Essential for empowering communities to improve their health outcomes through proactive health initiatives.
- **Training Requirements:**
 - Hours: 6 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Health promotion toolkits and program planning resources.
 - Textbook: "Health Promotion Planning" (Current Cost: \$55.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$205.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$180.00)