

6. Navigating Healthcare Systems

- **Description:** Training on how to navigate complex healthcare systems to ensure better access to health services for clients and their families.
- **Relevance:** Helps clients utilize healthcare systems effectively, empowering them to seek and receive necessary services.
- Training Requirements:
 - Hours: 5 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Access guides and resource manuals.
 - Textbook: "Navigating the Healthcare System" (Current Cost: \$35.00)
- **Cost:**
 - Individual Rate: \$100 (with textbook: \$135.00)
 - Group Rate (5 or more): \$80 per participant (with textbook: \$115.00)

7. Understanding the Social Determinants of Health

- **Description:** This training explores how social factors like income, education, and environment impact health outcomes, enhancing participants' ability to address these determinants.
- **Relevance:** Necessary for developing a holistic approach to community health and tailored interventions.
- **Training Requirements:**
 - Hours: 6 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Research articles and social determinants frameworks.
 - Textbook: "Social Determinants of Health: The Solid Facts" (Current Cost: \$55.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$205.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$180.00)

8. Resilience and Mental Health in Communities

- **Description:** Training focusing on building resilience within communities by equipping participants with strategies to support mental health and recovery approaches.
- **Relevance:** Fosters stronger communities through enhanced understanding of mental well-being.
- **Training Requirements:**
 - Hours: 5 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Resilience-building resources and mental health toolkits.
 - Textbook: "The Resilience Factor" (Current Cost: \$40.00)
- **Cost:**
 - Individual Rate: \$125 (with textbook: \$165.00)
 - Group Rate (5 or more): \$100 per participant (with textbook: \$140.00)

9. Building Community Partnerships for Health

- **Description:** This training focuses on creating and nurturing partnerships between health organizations and community resources to improve health services delivery.
- **Relevance:** Essential for effective community collaboration that enhances health outcomes.
- Training Requirements:
 - Hours: 4 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Partnership development resources and networking templates.
 - Textbook: "Creating Community Partnerships" (Current Cost: \$35.00)
- **Cost:**
 - Individual Rate: \$100 (with textbook: \$135.00)
 - Group Rate (5 or more): \$80 per participant (with textbook: \$110.00)

10. Community Health Assessment Basics

- **Description:** An overview of conducting community health assessments to identify needs, strengths, and resources within communities.
- **Relevance:** Supports informed decision-making for health interventions and resource allocation.
- Training Requirements:
 - Hours: 6 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Assessment tools and evaluation criteria.
 - Textbook: "Community Health Assessment: A 5-Step Guide" (Current Cost: \$50.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$200.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$175.00)