



The Mountain Center's New Mexico Genders & Sexualities Alliance Network



List of Trainings

To request a training please complete [this form](#) or scan QR code on last page

Training Title	Duration of Training	Description	Who is this intended for?
Suicide Prevention Training: QPR (Question, Persuade, Refer)	1.5 hours	This gentle training is designed to teach anyone (parents, friends, neighbors, teachers, customer service agents, coaches, etc.) about the warning signs of a suicide crisis and ways to save someone's life. We'll go over clues to look for when assessing if someone is struggling, ways to intervene and prevent suicide death, and resources to use when referring someone to further care.	Anyone who wants to help prevent suicide.
LGBTQ+ Sensitivity	1.5 hours	Learn how to better support the LGBTQ+ youth or adults in your life. This training covers common LGBTQ+ issues, vocabulary and cultural norms and it can be adapted to suit your family or organization who might have specific questions about pronouns, history, methods of care and more. The open-dialogue model is perfect for people who have some understanding of how to support LGBTQ+ people and also for those who may be starting their journey. Activities included.	Anyone who wants to support LGBTQ+ youth or adults
Trans Allyship	1.5 Hours	<i>Trans Allyship 101</i> , is designed to help our community better support transgender individuals and LGBTQIA+ communities. The training will cover key topics such as the difference between sex and gender, as well as the barriers and risk factors faced by transgender and gender-nonconforming (TGDf) individuals. Participants will learn the appropriate terminology to use and avoid when engaging with TGDf individuals, fostering respectful communication. The session will also highlight the shared lived experiences of trans individuals, offer guidance on pronoun practice, and discuss how to handle mistakes with empathy and accountability. Attendees will gain a deeper understanding of what active allyship looks like and walk away with an extensive list of resources to continue learning and advocating for the transgender and LGBTQIA+ community. This training aims to equip individuals with the knowledge and tools to create a more inclusive and supportive environment for all.	Anyone who wants to support transgender and gender non-conforming individuals
Gender-Affirming Therapy: Considerations and Practices	3-6 hours	In this 3-6 CEU continuing education presentation, licensed mental health providers in New Mexico will gain a comprehensive understanding of Gender Affirming Therapy. Topics covered include an overview of WPATH Standards of Care, considerations for informed consent, assessment tools, letter writing, diagnosis considerations, treatment plans, access to healthcare, recommended therapy models and individual considerations, special considerations with trans clients, legal	Licensed mental health providers in New Mexico

These FREE trainings are made possible through funding from the NM Human Services Department, Behavioral Health Services Division, and the NM Department of Health, Office of School and Adolescent Health. For questions please email io@themountaincenter.org



The Mountain Center's New Mexico Genders & Sexualities Alliance Network



List of Trainings

To request a training please complete [this form](#) or scan QR code on last page

		protection, and special considerations when working with adolescents, adults, and minority populations. Participants will leave with practical knowledge and resources to provide effective and culturally competent care for transgender and gender nonconforming individuals. Email eli@themountaincenter.org to request this training and find out the costs.	
The ABCs of GSAs	1.5 hours	Formerly known as Gay-Straight Alliance clubs, Genders and Sexualities Alliance (GSA) clubs are incredible spaces that provide a supportive and inclusive environment for LGBTQ+ and allied youth. Learn all about the GSA Model, equitable youth participation in GSAs, get ideas for things to do and learn how to tap into resources that can help both supportive adults and queer youth.	Adult GSA advisors, youth GSA leaders and anyone who wants to learn more about GSAs.
Allyship in Action: Creating Change at the Organizational Level	1.5 hours	Our Allyship in Action training explores how organizations and institutions can make their organization more supportive of LGBTQ+ youth and families who utilize their resources. We'll cover how biases can affect the quality of an organization's services, common barriers that prevent LGBTQ+ people from getting proper care, and ways people can advocate for positive change at their organization.	Anyone who wants to help their organization better support LGBTQ+ people
Anti-Oppression and Intersectionality	3-5 hours	This workshop equips educators, staff and community members with strategies to foster understanding, respect and belonging among all students and youth. Participants will explore foundational concepts of equity and inclusion through a practical, solutions-focused lens, helping schools and organizations create supportive environments where every young person can thrive. Topics include recognizing diverse perspectives, strengthening communication, and addressing challenges with compassion. Grounded in professionalism, this training offers constructive tools to navigate complex social dynamics while maintaining focus on student well-being and academic success. Ideal for schools seeking to promote unity, reduce conflict, and prepare students for a diverse world.	Adults or Youth 13+
Mindfulness for Stress Management	1.5 - 3 hours	This training is an instructive training for all participants to learn how to incorporate evidence-based tools, skills, and techniques into folk's emotion regulation toolbox whether they are supporting themselves or someone else personally or professionally.	Anyone seeking skills around well-being

These FREE trainings are made possible through funding from the NM Human Services Department, Behavioral Health Services Division, and the NM Department of Health, Office of School and Adolescent Health. For questions please email io@themountaincenter.org



The Mountain Center's New Mexico Genders & Sexualities Alliance Network



List of Trainings

To request a training please complete [this form](#) or scan QR code on last page

Amplify: Storytelling for Social Change	1.5 hours	This training provides a toolkit for people to learn how to find their stories and have their voices heard. With a trauma-informed approach and the goal of using our stories as a call to action, participants will walk away with greater understanding of different story components as well as confidence in sharing their own stories with their peers.	Anyone who wants to work on developing and sharing their personal story for social change.
Safety Planning Zine Workshop	30 Minutes	This training will provide an overview of how to fold a mini-zine as well as how to use the mini-zine to create a personalized resource guide in case of a mental health crisis. This zine is a tool for compiling self-regulation techniques, resources for soothing, and helpful contacts to have on hand when struggling with mental health.	All Ages
Safe Zones Training	1 Hour	Safe Zones is an intentional program that creates a safer, more welcoming, and inclusive environment for all students, but especially students with marginalized identities such as lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) students, students of color, students living with disabilities, students facing housing instability, undocumented students, etc. Most often implemented in the schools, Safe Zones can also be implemented in community programs.	School Staff, Caring community members

Scan QR code to request a training



These FREE trainings are made possible through funding from the NM Human Services Department, Behavioral Health Services Division, and the NM Department of Health, Office of School and Adolescent Health. For questions please email io@themountaincenter.org