

*Introducing...*

# Culture of Caring Training Program

The purpose of this training program is to better equip the University of La Verne community in creating a Culture of Caring on our campuses

**Learning Outcomes:**

- Feel more confident and comfortable supporting students in distress
- Learn about on- and off-campus resources
- Be able to identify different levels of distress and appropriate responses
- Understand of how mental health impacts college students
- Respond in a culturally agile manner
- Engage in proactive strategies to guard student's well-being
- Understand the importance of self-care



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**SOS on Campus Labs**

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