



Greetings from the Training Unit,

Training dates and registration links for January and February 2026 are included below.

**Reminder for inclement weather** - if Lansing Schools are closed, classes held at the Training Unit that day will be canceled.

### **INFO FOR COMPLETING CPR & FIRST AID:**

**REMINDER: First Aid must be completed online BEFORE the in-person skills demo. We have seen an increase in staff arriving for the Skills Demo without having completed First Aid beforehand. We will be turning people away if they arrive for the Skills Demo without a certificate of completion for the online First Aid portion.**

First Aid must be completed online, before the date you sign up for the CPR Skills Demo class. To access the First Aid videos and online quiz please **[CLICK HERE](#)**

OR copy & paste this link into your web browser or email it to staff:

**<https://www.proprofs.com/quiz-school/ugc/story.php?title=cmhacei-first-aidz1>**

**The PASSWORD is: 23QEdF**

- If you are a manager and are signing staff up for CPR/FA, YOU are responsible for giving staff the link and password above, so they can watch the First Aid videos & take the online quiz before the date they're scheduled for the CPR Skills Demo class.
- Staff are required to bring proof of their Certificate of Completion of First Aid with them on the day they are signed-up to attend CPR Skills Demo. A picture or screenshot on their cellphone or a printed certificate are both acceptable.

### **SELF DETERMINED/RESPITE STAFF:**

If you only need First Aid Certification please use the link & password above for First Aid completion online.

### **Working with People:**

**\*This is a 2-day training. The class time for both days is 9:00a - 3:30p.**

**\*\*There is NO registration, this is a first come, first serve in-person training.**

- 1/29/26 & 1/30/26
- 2/26/26 & 2/27/26
- 3/26/26 & 3/27/26

### **Recipient Rights Orientation (RRO) Zoom Links:**

**\*For questions regarding the Recipient Rights Orientation Zoom trainings please email Lynn McLaughlin: [mclaughl@ceicmh.org](mailto:mclaughl@ceicmh.org)**

1/7/26 1:00p - 3:00p **[CLICK HERE](#)**

1/20/26 9:00a - 11:00a **[CLICK HERE](#)**

2/4/26 1:00p - 3:00p [CLICK HERE](#)  
2/17/26 9:00a - 11:00a [CLICK HERE](#)  
3/4/26 1:00p - 3:00p [CLICK HERE](#)  
3/17/26 9:00a - 11:00a [CLICK HERE](#)

### **\*EXTENDED\* Basic Health & Medication Class:**

This class will provide a slower-paced, supportive learning environment to ensure all participants grasp the essential concepts. **This class will be limited to 6 spots and is designed for staff who need to retake Basic Health & Meds and/or for staff who are English Language Learners (ELL).** Manager approval is required prior to signing up.

**\*Class is scheduled from 9:00am - 3:00pm**

1/13/26 [CLICK HERE](#)

2/19/26 [CLICK HERE](#)

### **CPR SKILLS DEMO:**

**\*Classes are scheduled for 90 minutes\***

#### **JANUARY:**

1/5/26 9:00a [CLICK HERE](#)  
1/5/26 11:00a [CLICK HERE](#)  
1/7/26 9:00a [CLICK HERE](#)  
1/7/26 11:00a [CLICK HERE](#)  
1/8/26 9:00a [CLICK HERE](#)  
1/8/26 11:00a [CLICK HERE](#)  
1/9/26 9:00a [CLICK HERE](#)  
1/9/26 11:00a [CLICK HERE](#)  
1/12/26 9:00a [CLICK HERE](#)  
1/12/26 11:00a [CLICK HERE](#)  
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1/26/26 11:00a [CLICK HERE](#)  
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1/28/26 11:30a [CLICK HERE](#)  
1/29/26 9:00a [CLICK HERE](#)  
1/29/26 11:00a [CLICK HERE](#)

#### **FEBRUARY:**

2/3/26 9:00a [CLICK HERE](#)  
2/3/26 11:00a [CLICK HERE](#)  
2/4/26 9:00a [CLICK HERE](#)  
2/4/26 11:00a [CLICK HERE](#)  
2/5/26 9:00a [CLICK HERE](#)  
2/5/26 11:00a [CLICK HERE](#)  
2/9/26 9:00a [CLICK HERE](#)  
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2/25/26 9:00a [CLICK HERE](#)  
2/26/26 9:00a [CLICK HERE](#)  
2/26/26 11:00a [CLICK HERE](#)

## **Intro to Basic Sign Language**

**\*Class is scheduled for 2 hours\***

1/23/26 9:00a [CLICK HERE](#)

## **TRANSFER TECHNIQUES:**

2/11/26 9:00a - 11:00a [CLICK HERE](#)

## **INSULIN & FINGERSTICK GLUCOMETER TRAINING:**

**\*Classes are scheduled for one hour\***

### **JANUARY:**

1/5/26 12:30p [CLICK HERE](#)  
1/12/26 12:30p [CLICK HERE](#)  
1/14/26 12:30p [CLICK HERE](#)  
1/21/26 12:30p [CLICK HERE](#)  
1/26/26 12:30p [CLICK HERE](#)

### **FEBRUARY:**

2/3/26 12:30p [CLICK HERE](#)  
2/5/26 12:30p [CLICK HERE](#)  
2/12/26 12:30p [CLICK HERE](#)  
2/17/26 12:30p [CLICK HERE](#)  
2/23/26 12:30p [CLICK HERE](#)  
2/26/26 12:30p [CLICK HERE](#)

## **BASIC HEALTH & MEDS:**

**\*Classes are scheduled from 9:00a - 2:00pm\***

### **JANUARY:**

1/6/26 [CLICK HERE](#)  
1/7/26 [CLICK HERE](#)  
1/14/26 [CLICK HERE](#)  
1/15/26 [CLICK HERE](#)  
1/22/26 [CLICK HERE](#)  
1/27/26 [CLICK HERE](#)  
1/28/26 [CLICK HERE](#)

### **FEBRUARY:**

2/4/26 [CLICK HERE](#)  
2/5/26 [CLICK HERE](#)  
2/9/26 [CLICK HERE](#)  
2/10/26 [CLICK HERE](#)  
2/18/26 [CLICK HERE](#)  
2/24/26 [CLICK HERE](#)  
2/25/26 [CLICK HERE](#)

## **MED REFRESHER:**

**\*Classes are scheduled as DROP-IN between 9:00am - 1:00pm. Registration is required\***

### **JANUARY:**

1/16/26 [CLICK HERE](#)  
1/23/26 [CLICK HERE](#)  
1/30/26 [CLICK HERE](#)

### **FEBRUARY:**

2/6/23 [CLICK HERE](#)

2/13/26 [CLICK HERE](#)  
2/20/26 [CLICK HERE](#)  
2/27/26 [CLICK HERE](#)

**The Training Unit will be closed:**

- 12/22/25 - 1/4/26
- 1/19/26
- 2/16/26

**TRAINING UNIT CONTACT INFO:**

**Training Unit Secretary:** Jennifer Wrath

**PHONE:** 517-323-9610 extension: **2353**

**EMAIL:** wrather@ceicmh.org

**Training Unit E-FAX # (517) 237-7330**

**Training Unit** Alternate FAX: 517-327-0396

**Training Unit Coordinator:** Bridget Doyle

**EMAIL:** doyle@ceicmh.org

**PHONE:** (517) 323-9610 ext.: **2339**

**Training Unit RN Instructor:** Kathryn Higgins RN, BSN

**EMAIL:** higginsk@ceicmh.org

**Training Unit RN Instructor:** Deneen Gallagher, RN, BSN

**EMAIL:** gallaghd@ceicmh.org

Bridget Doyle |LMSW

Training Unit Coordinator

Phone: 517-323-9610 x 2339

Community Mental Health Authority of Clinton, Eaton, Ingham Counties

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties | 3200 Remy Drive | Lansing, MI 48906  
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