

December
2026

Training Opportunity



National Council on Alcoholism and Drug Dependence - Rochester Area

Living Awake: How Distraction, Busyness, and Avoidance are Costing You Your life—and How to Wake Up

Presenter: Rae Kehrli, RCO/f, CRPA, CARC

Date: Wednesday, December 2, 2026

Time: 9:00 a.m. - Noon

Cost: \$40

Content: Living Awake is an experiential workshop that invites participants to step out of autopilot and reconnect with their lives through greater awareness and presence. Through guided reflection and interactive exercises, participants explore the many ways they may numb or disconnect—whether through using substances, busyness, or avoidance—in a way that is compassionate and free from judgment.

Living Awake intends to spark self-awareness and curiosity, offering simple, practical tools to help participants navigate discomfort, addictive behaviors, reduce automatic patterns, and cultivate more presence and joy in their everyday lives.

Continental breakfast is provided.

3 Clock Hours:

CASAC Renewal
CPP Section 3
CPS Section 3
LMHC
LCSW

Registration deadline:

Wednesday, November 25, 2026

This training is IN PERSON ONLY

Click on the link below to register online:

<https://ncadd-ra.org/events-trainings/>

Gaming Addiction: The Next Epidemic

Presenter: Craig Johnson, LMHC, CASAC-G

Date: Friday, December 11, 2026

Time: 9:00 a.m. - Noon

Cost: \$40

Content: Through didactic presentation and discussion, this workshop will identify recent updates regarding the incidence of gaming activities, particularly internet gaming across age groups. Descriptions of common games and the complexity of these games and how they impact the brain will be explored along with the links to gambling and financial risks that are often hidden and unobtrusive. The negative consequences that people often experience will be discussed. Methods of identification and how to intervene will be presented and sought from participants as well.

Continental breakfast is provided.

Clock Hours:

CASAC Renewal
CPP Section 1
CPS Section 1
LMHC
LCSW

Registration deadline:

Friday, December 4, 2026

This training is IN PERSON ONLY

Click on the link below to register online:

<https://ncadd-ra.org/events-trainings/>

For more information, please call or e-mail Elaine at (585) 719-3481, elavarado@depaul.org or Delia Gallmeyer at (585) 719-3489, dgallmeyer@depaul.org.

St. John Fisher University is recognized by the New York State Educational Department's State Board as an approved provider of continuing education credits for **Licensed Mental Health Counselors**. **Nazareth University** is recognized by the New York State Educational Department's State Board as an approved provider of continuing education credits for **Licensed Clinical Social Worker**.

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To mail in your registration, please return this form and **NON-REFUNDABLE** registration fee to: **NCADD-RA, Attention: Elaine Alvarado**
1931 Buffalo Rd., Rochester, NY 14624.

Name of registrant: _____ Agency: _____

Phone Number: _____ E-mail: _____

Indicate below which training(s) you are registering for:

☐ 12/2/2026 - Living Awake: How Distraction, Busyness, and Avoidance are Costing You Your life—and How to Wake Up

☐ 12/11/2026 - Gaming Addiction: The Next Epidemic

Payment information:

☐ Check (enclosed)

☐ Credit Card Payment: ☐ Visa ☐ Master Card ☐ Discover ☐ AMEX

Card Number:

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CVV:

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Expiration Date:

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Name on credit card and billing address (*please note that billing address is the address where the credit card bill goes to*)

Name: _____ Agency: _____

Address: _____

For more information, please call or e-mail Elaine at (585) 719-3481, elvarado@depaul.org or Delia Gallmeyer at (585) 719-3489 or e-mail her at dgallmeyer@depaul.org