



# **Train the Trainer: Skills for Psychological Recovery (SPR)**

SPR is an evidence-informed modular intervention that aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity.

**[Learn More about SPR](#)**

**When:** April 29 - May 1, 2026

**Time:** 8:00 AM to 5:00 PM

**Where:** Holiday Inn 1590 Jefferson St., Jefferson City

**Who should attend:** Those who want to teach SPR

**[Register for this course online](#)**

