COMET™

Lead the Conversation. Change Lives.



COMET teaches simple, natural ways to talk about mental well-being with friends, neighbors, and community members. It's rooted in the strength of rural communities and the belief that we are our own best resources when it comes to caring for each other.

In this workshop, you will learn how to:

Become a Community Trainer: Gain the skills to teach others how to use COMET in their own conversations

Guide Conversations: Learn how to address emotional and mental well-being in a supportive, non-judgmental way

Create a Plan: Develop a strategy for using COMET to improve mental health conversations in your local community

Use COMET's Tools: Practice using COMET's proven methods to help people in your community open up about mental health

Scheduled Virtual Training Dates

Online: 11:00 AM - 3:00 PM ET

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- Monday, September 14
- Thursday, December 17

Ideal for community members & leaders, agricultural professionals, health advocates, and volunteers who want to create safe spaces for mental health discussions.

Learn More & Register Here

Contact **info@gafoundationag.org** with questions

This training is sponsored by:

GEORGIA FOUNDATION FOR AGRICULTURE

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HIGHPLAINS RESEARCH NETWORK