



How to complete your facilitator training

Group facilitators are the heartbeat of My Quiet Cave, essential to bringing purpose and vitality to every single group experience. That's why we provide a simple yet comprehensive training program and connect you with ongoing guidance and support.

Please remember to complete your [Facilitator Interest Form](#) before starting your training.

PART 1: Online Facilitator Training Course (self-paced)

PART 2: Experiential Group Training via Zoom ([Register here](#) ASAP)

PART 3: Faith-based Suicide Prevention Training via Zoom ([Register here](#) ASAP)

The online facilitator training course should take less than two hours to complete. You can stop anytime and come back, just be sure to save your progress (see below).

1. Log into (or create) your [My Quiet Cave Online](#) account
2. Click on the blue "Become a Facilitator" button in the top right of your profile
3. Allow two business days for approval, then sign back into your account
4. Click on the course "My Quiet Cave Facilitator Training" to enroll and begin
5. There are currently three modules (sections) you must complete for training
6. Start at the top and work your way down the lessons
7. Click on each lesson to open it
8. Read the notes on each lesson; look for embedded links
9. Always click **COMPLETE & CONTINUE** to save your progress. Progress can be monitored on the left side.

Once you have completed your online training and signed the electronic Facilitator Agreement form, our team will update your status to Approved Facilitator in My Quiet Cave Online and more resources will be accessible to you. Zoom meeting links and instructions will be sent the day before each training, and you'll receive ongoing support as you facilitate your group.

Important: Please [CLICK HERE to register your current or upcoming group](#)