



# NAMI Tri-Valley

## General Meeting



### Working with Grief for Caregivers

**Cristina Rita, MA**

*Crisis Support Services of Alameda County*

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**Tuesday, September 9th, 2025**  
**7:00 p.m. to 8:30 p.m.**

**This presentation will be on Zoom only.**  
**To join this meeting, please access the following link:**

<https://tinyurl.com/ntvgeneralmeetings2025>

*For more information, contact [admin@namitrivalley.org](mailto:admin@namitrivalley.org) or 925-344-4480*

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During our September 2025 General Meeting, we will have Cristina Rita from Crisis Support Services of Alameda County speak on the topic of grief in caregivers. She will discuss about different types of grief and loss, how caregivers can practice self-care and wellness, and strategies for working with a loved one who has suicidal thoughts or actions. This presentation will be followed by an audience Q&A.

Cristina received her Masters in Psychology Counseling from University of San Francisco. She began working at Crisis Support Services of Alameda County in 2005 as a volunteer on the 24-hour crisis line. She has held several different positions during her time at Crisis Support Services of Alameda County including crisis line volunteer, crisis line overnight supervisor, and crisis line trainer, having taken over 11,000 calls on the crisis line. In 2015, Cristina joined the Community Education Department as a health educator in the Teens For Life program. Currently, she is the Community Education Community Trainings Manager. Her responsibilities include curriculum development for community suicide prevention training workshops and providing workshops in the community.

Cristina has training in Psychology Autopsy, Recognizing and Responding to Suicide Risk for Clinicians, Collaborative Assessment & Management of Suicide (CAMS) and is a Mental Health First Aid adult and youth instructor. She has presented workshops at the American Association of Suicidology Conference, the College of Nurses Conference, Alameda County Pride Conference, NAMI Annual Conference Tri-Valley Chapter, and the Alameda County Communities of Faith Conference.