



Youth Mental Health First Aid

Virtual Training Session with Independent Module Portion

Youth Mental Health First Aid is a 8 hour training course for adults (teachers, staff members and anyone that works with youth) in assisting young people. The course consists of 2 hours of independent work and 6 hours of virtual training. It is similar to regular first aid but deals with mental health issues. Many people with mental disorders delay seeking help, but they are more likely to receive professional help when this is suggested by someone they trust.



WHEN & WHERE

Thursday July 15th, 2021

Virtually via Zoom

9:00am-4:00 pm

8 hours PD/EILA

Cost: **FREE!**

Register HERE



ALL Community Members are Welcome!

(Limited to 30 participants)