



MARCH 21, 22, 2018

MENTAL HEALTH FIRST AID FOR ADULTS WHO INTERACT WITH YOUTH!

What is Mental Health First Aid?

Mental Health First Aid is an evidence-based training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

This 14 hour course covers a range of common disorders and potential crises. Such as helping someone who is having a panic attack, struggling with substance abuse, or anxiety and trauma related disorders.

Who should take this Mental Health First Aid course?

This course is designed for individuals who work within our community in the Social Services field also including Law Enforcement, Early Childhood Education, Child and Youth Workers, Therapeutic Recreation, Students and Teachers.



Canadian Mental
Health Association
Mental health for all



WEDNESDAY
MARCH 21 &
THURSDAY 22, 2018

8:30AM- 5PM

AT LAMBTON
MENTAL WELLNESS
CENTRE

109 DURAND ST,
LOWER LEVEL,
SARNIA, ON

**COST: \$125.00,
PAYMENT REQUIRED
TO REGISTER. CASH
OR CHEQUE (LAMBTON
MENTAL WELLNESS CENTRE)**

**INCLUDES LUNCH
AND TRAINING
MATERIALS**

TRAINING PROVIDED BY
CANADIAN MENTAL HEALTH
ASSOCIATION

CONTACT CHERYL AT
CHERYL@LMWC.CA
519-344-5602