



Mental Health First Aid Training

January 2024 - June 2024

Be the difference! Become certified as a Youth and/or Adult Mental Health First Aider!

FREE for all Participants who register.

Please click on times of training to register for event. All are Pacific Standard Time

Training is **VIRTUAL** and is being conducted through Zoom.

The virtual training is comprised of two parts: a 2 hour online self-paced portion, followed by an instructor-led portion.

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health challenges in youth and adults. Learn to provide initial help, support, and intervention. Connect youth and adults to professional help and community resources. No experience or background in counseling or mental health necessary.

<p>JANUARY</p> <p>YOUTH:</p> <p>Thurs. 1/18, 9am - 2pm</p> <p>Sat. 1/27, 9am - 2pm</p>	<p>FEBRUARY</p> <p>YOUTH:</p> <p>Thurs. 2/29, 9am - 2pm</p> <p><u>ADULT:</u></p> <p>Thurs. 2/8, 9am - 2pm</p>	<p>MARCH</p> <p>YOUTH:</p> <p>Tues. 3/19, 9am - 2pm</p>
<p>APRIL</p> <p>YOUTH:</p> <p>Sat. 4/20, 9am - 2pm</p> <p><u>ADULT:</u></p> <p>Thurs. 4/25, 9am - 2pm</p>	<p>MAY</p> <p>YOUTH:</p> <p>Thurs. 5/16, 9am - 2pm</p>	<p>JUNE</p> <p>YOUTH:</p> <p>Tues. 6/11, 9am - 2pm</p> <p><u>ADULT</u></p> <p>Thurs. 6/6, 9am - 2pm</p>