

YOUTH MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

**SEPTEMBER 18
12PM TO 5PM**

COMPLETED IN 2 PARTS:
2 HOUR ONLINE PRE-COURSE AT YOUR
OWN PACE
IN-PERSON INSTRUCTOR-LED TRAINING 9/18

NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH

400 JOHNSON ST, ALPENA

**NO CHARGE FOR THOSE IN-AREA
(A \$170 VALUE)**

THOSE OUTSIDE OF ALPENA/ALCONA/
MONTMORENCY/PRESQUE ISLE
CHARGED \$50 UPON
REGISTRATION

**YOUTH MENTAL HEALTH
FIRST AID (YMHFA)
TEACHES YOU HOW TO
IDENTIFY, UNDERSTAND,
AND RESPOND TO SIGNS
OF MENTAL HEALTH AND
SUBSTANCE USE
CHALLENGES AMONG
YOUTH.**

WHO SHOULD ATTEND:

- PARENTS/CAREGIVERS
- TEACHERS • SCHOOL STAFF
- COACHES • CAMP COUNSELORS
- YOUTH GROUP LEADERS
- ADULTS WORKING WITH YOUTH

REGISTER WITH GENNY

989-358-7842

GGRIMSHAW@NEMCMH.ORG

FUNDING PROVIDED BY:



**NORTHEAST MICHIGAN
COMMUNITY MENTAL
HEALTH AUTHORITY**



HELPS OUR COMMUNITY RAISE CHILDREN WHO ARE SAFE, LOVED, AND RESILIENT; AND HELPS ADULTS INCREASE KNOWLEDGE AND SKILLS TO ADDRESS LIFE'S CHALLENGES.

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