

Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges in those 18 and older.

REQUIREMENTS



Participants will be required to complete 2 hours of online self-guided learning PRIOR to attending the in person session.



Register for FREE

<u>Click Here</u> or Scan

Refreshments will be served

Contact Susan Visser at svisser@communityincrisis.org







