

Get trained in **Mental Health First Aid**

Upcoming Training Dates:

October 9 | 8:30 AM - 3:30 PM

October 23 | 8:30 AM - 3:30 PM

October 30 | 8:30 AM - 3:30 PM

November 6 | 8:30 AM - 3:30 PM

November 13 | 8:30 AM - 3:30 PM

November 20 | 8:30 AM - 3:30 PM

December 4 | 8:30 AM - 3:30 PM

December 18 | 8:30 AM - 3:30 PM

There is approximately 2 hours of prework required that can be completed throughout the week prior to the class.



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING