

1 IN 3 CANADIANS WILL EXPERIENCE A MENTAL HEALTH PROBLEM IN THEIR LIFETIME

CHANCES ARE YOU KNOW SOMEONE WHO NEEDS
HELP RIGHT NOW!



DO YOU KNOW WHAT TO DO?

Become a Mental Health First Aider

Mental Health First Aid is a 2 day highly interactive workshop where you learn an easy to remember model of how to recognize mental health problems, what to do in a crisis, how to provide support and link to resources to prevent more serious problems from developing.

DATE: MARCH 3 & 4, 2016

TIME: 9:00 a.m. – 4:30 p.m.

PLACE: 502 BATHURST (United Church Meeting Hall)

**COST: \$175 + GST includes meals (continental breakfast & lunch)
Discounted rate for students, peer supporters or groups of 5 or more**

TO REGISTER OR FOR MORE INFORMATION:

Contact Mary Compton at mcomp1021@bell.net or call 647-348-3481



MENTAL HEALTH COMMISSION OF CANADA

Mental Health First Aid

MHFA Canada is an evidence based program of The Mental Health Commission of Canada.