

Communicate Better With Your Kids, Create a Calm Environment, and Learn Risk Factors and Warning Signs

YOUTH MENTAL HEALTH FIRST AID TRAINING FOR PARENTS

December 4 & 11, 2017 (both Mondays)

5-9:30pm at TESD District Office

940 West Valley Road, Suite 1700, Wayne, PA

***Two-Day Training** for a total of 8 hours*

Youth Mental Health First Aid is an 8-hour training program designed to teach skills to help a young person who is struggling with a mental health concern or crisis. It is intended for adults and reviews the unique risk factors and **warning signs of mental health problems in adolescents ages 12-18** and emphasizes the importance of early intervention.

- Training is FREE
- Learn risk factors, warning signs
- Practice the Mental Health First Aid action plan.
- Learn local resources for mental health and substance use treatments.
- Receive a comprehensive, user-friendly 213 page manual and certification.



Participants in a Mental Health First Aid course discuss signs and symptoms

SPACE IS LIMITED. REGISTER via email to ChescoMHFATrainings@gmail.com with your name, and cell phone number by Thursday, November 30, 2017.

- A light meal will be provided both nights.
Participants are encouraged to bring a beverage and snack.

Sponsored by ARCH. Presented by COAD Group and Chester County MHIDD, DHS.
Questions can be directed to ChescoMHFATrainings@gmail.com.

