



MENTAL HEALTH FIRST AID

WOULD YOU KNOW WHAT TO DO?

DATES: JANUARY 11TH & 12TH. 2018

TIMES: 9 – 4:30 P.M. BOTH DAYS

**LOCATION: 44 KING STREET, BRANTFORD
SUITE 205**

FACILITATED BY: JOANNE CLELAND

HOPE (HELPING OURSELVES THROUGH PEER SUPPORT AND EMPLOYMENT)

Become a Mental Health First Aider!

To register contact:
 Joanne Cleland at 519-751-1694
 joanne@hopebrant.ca
 Cost: \$ 160.00 per person
 Includes: Training Manual, light snacks and beverages.
 Lunch is not included.
 Registration deadline: January 5.2018

Attendance is required for both days to become a certified mental health first aider.

- ✓ Mental Health First Aid Canada is a program of the Mental Health Commission of Canada
- ✓ In Canada, **one** person in **three** will experience a mental health problem in their lifetime
- ✓ **One** in **five** will experience some problem with their mental health in the course of a year
- ✓ Half of all mental disorders begin by age 14 and **75%** begin by age 24
- ✓ **Join over 250, 000** mental health first aiders across Canada and get involved



Canadian Mental Health Association
Haldimand - Norfolk
Mental health for all



Helping Ourselves through
 Peer Support & Employment



Mental Health
 Commission
 of Canada

Commission de
 la santé mentale
 du Canada