



# **MENTAL HEALTH FIRST AID**

## **WOULD YOU KNOW WHAT TO DO?**

**DATES: DECEMBER 13 & 14. 2018**

**TIMES: 9 – 4:30 P.M. BOTH DAYS**

**LOCATION: 491 GREY STREET-WOODMAN COMMUNITY CENTRE, BRANTFORD**

**FACILITATED BY: JOANNE CLELAND & SANDRA BELL**

**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: \$ 165.00 per person

Includes: Training manual, light snacks and beverages.

Lunch is not included.

Registration deadline: December 7 .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 350,000** mental health first aiders across Canada and get involved



Helping Ourselves through  
Peer Support & Employment



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada