



MENTAL HEALTH FIRST AID

WOULD YOU KNOW WHAT TO DO?

DATES: FEBRUARY 25 & 26. 2019

TIMES: 9 – 4:30 P.M. BOTH DAYS

**LOCATION: WOODMAN COMMUNITY CENTRE
491 GREY STREET, 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: February 20.2019

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