

#GETLOUDBHN
**Mental Health
Week 2021**

Brant, Haldimand, Norfolk,
May 3rd - May 7th

**In Celebration of Mental Health
Week 2021, Mental Health First Aid
is being offered at a reduced rate of
\$100 (value \$200) for residents of
Brant Haldimand Norfolk.
Course will take place on
May 6 & 7, 2021 Only.**

**Limited Spots
Available**

Mental Health First Aid Standard–Virtual

MHFA is the support offered to a person who may be experiencing a decline in their mental well-being. Course participants will learn to recognize the signs that someone may be experiencing a decline in their mental health or may be experiencing a mental health crisis and learn to use MHFA actions to help.

Open to everyone!

May 6 & 7, 2021

9:00am - 12:30pm BOTH DAYS via zoom

This is a Blended Learning Course.

Completion of a 2 hour self-directed

Module is a pre-requisite.

To Register contact joanne@hopebrant.ca 519-751-1694



**Helping Ourselves through
Peer support & Employment**



**Mental Health First Aid Canada
Premiers soins en santé mentale**

