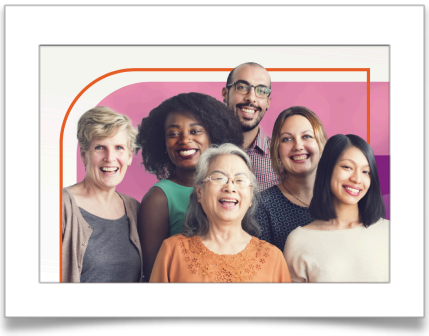


Mental Health
FIRST AID
from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid CERTIFICATION

Fall Trainings @ Taborspace

November 18th 9:30 am - 3:30 pm $75/per learner

January 13th 9:30am - 4:30pm $95 /per learner

Space is limited. Pricing includes all registration fees, course guidebook and required online & in -person training sections.

FOR MORE INFORMATION AND TO REGISTER:

https://taborspace.org/wellness

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. You also learn how to give support and help someone find the right kind of care. Be the first line of support for your friends, family, colleagues and community. This training takes the fear or worry out of talking about mental health.

We are able to offer these trainings at a discounted rate thanks to the generous support of The Presbytery of the Cascades, MTPC and Taborspace.