



Canadian Mental Health Association  
*Mental health for all*

Association canadienne pour la santé mentale  
*La santé mentale pour tous*

**BE MIND FULL**  
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

## Mental Health First Aid Workshops for 2017!

**Dates: February 23 & 24, April 6 & 7, May 30 & 31**  
**Time: 8:30 to 4:00**

You know all about physical first aid, now find out about the importance of **MENTAL HEALTH FIRST AID TRAINING**

**Cost: \$175.00/person**

**Light snacks and coffee provided**

**Location: NLHNN**  
77 Charter Ave,  
St. John's

**Limited seats available**

To register email: [bhaley@cmhanl.ca](mailto:bhaley@cmhanl.ca)

### The workshop will teach participants to:

- ✓ Recognize the signs and symptoms of mental health problems.
- ✓ Provide initial help.
- ✓ Guide a person towards appropriate professional help.



Canadian Mental Health Association  
Newfoundland and Labrador