



Mental Health First Aid Workshop

Date: January 12th and 13th, 2017



Cost: \$175.00/person

Light snacks and coffee provided

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

Limited seats available

To register email: 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