



**MENTAL
HEALTH
FIRST AID**

**FREE ONE DAY Youth Mental Health First Aid Training on
Saturday, Oct 14th, 2017 9AM – 5 PM**

Location: Brookline Recreation, 133 Eliot Street, Brookline, MA 02467

Sometimes, first aid isn't

a **bandage**, or

CPR,

Sometimes, first aid is **YOU!**

A young person you know could be experiencing a mental health or substance use problem.

Learn an action plan to help.

Location:
**Brookline Recreation –
133 Eliot Street, Brookline, MA 02467**

Cost: FREE for all!
**Preference given to those who live or work in
Watertown, Waltham, Brookline or Belmont**

- *Registration is required**
- *Must attend full day of training**
- *Lunch and snacks will be provided**
- *Course book included**

To register

Go to <http://tinyurl.com/yat49xqr>

**Call *Natasha Pierre* at 617-284-2646
Or email natasha_pierre@waysideyouth.org**

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18 - teachers, coaches, social workers, faith leaders and other caring citizens.

Sponsored by Wayside Youth and Family Support Network



REGISTRATION INFORMATION

Name: _____ Email address (if any) : _____

Reason for attending: _____ Phone number: _____

(ex. More mental health information, to help a friend etc...)

