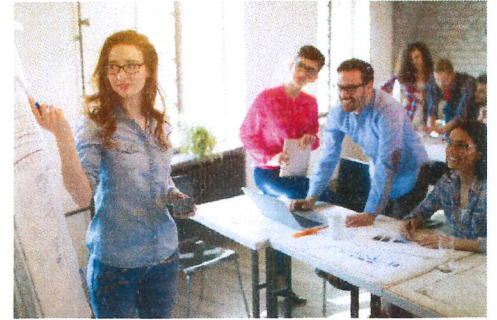


*Someone you know could be experiencing  
a mental health or addiction crisis.*

# LEARN WHAT TO DO



**FREE**



## Mental Health First Aid Training

*Helping Adults*

**Friday, March 20, 2020**

**8:00 am – 5:00 pm**

**Location Change – Program Will Be Held At Valley Regional  
Hospital, Buckley Conference Room, 243 Elm St., Claremont**

**Pre-registration is required.**

**To register, contact Katie McDonnell at [katiemcd73@gmail.com](mailto:katiemcd73@gmail.com).**

Mental Health First Aid is an 8-hour course that teaches you how to help someone experiencing a mental health or addiction problem or crisis. Learn how to respond and how to connect with appropriate professional care.

Anyone 18+ can take the course – family members, educators, first responders, clergy, community leaders.



The course is delivered by certified *Mental Health First Aid USA* instructors. Participants may receive 8 hours of professional development time with certificates available.

- Course book provided.
- Free parking.



**24-Hour  
Emergency Services 800-564-2578**

**[www.wcbh.org](http://www.wcbh.org)**

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