



Youth Mental Health First Aid Training



Free class designed for adults who regularly interact with young people, ages 10-18.

Online course includes self-paced, two-hour training followed by four-hour, interactive remote learning session.

Content includes:

- Common mental health challenges
- Typical adolescent development
- 5-step action plan for how to help in both crisis and non-crisis situations.

Facilitated by: Danielle Sutherland and Georgina Whittemore

Remote learning sessions will be held 8:30 am - 12:30 pm:

- Wednesday, August 26th
- Friday, September 11th
- Wednesday, October 7th
- Friday, November 20th

**Register for a session at
losalamosjjab.com/events**



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