



Youth Mental Health First Aid Classes

Wednesday, February 26, 2020

Cottonwood on the Greens (LA Golf Course)

8:00 am to 5:00 pm

Friday, April 24, 2020

UNM-LA, Building 6

8:00 am to 5:00 pm

Register at www.losalamosjjab.com/events

This free Youth Mental Health First Aid class is designed for adults who regularly interact with young people, ages 10-18.

Trainers Georgina Mesibov and Danielle Sutherland will introduce common mental health challenges for youth, review typical adolescent development, and teach a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Continental breakfast and lunch will be provided.

