



Capacity Builders, Inc.

Youth Mental Health First Aid

Training Dates

8:30am – 5:00pm

- August 26, 2016
- September 30, 2016
- October 28, 2016
- November 18, 2016
- December 30, 2016

Must attend full day.

No Cost to Attend training.

\$30 gift card available upon completion of course.

Location

Capacity Builders Inc.
410 W. Broadway
Farmington NM 87401

To sign up contact

Tina Gray
Phone: (505) 326-4245

Brought to you by the generous support
of SAMHSA.



Learn how you can help someone in emotional and mental health distress

Someone you know could be experiencing a mental illness or crisis. YOU can help them. Take this 8-hour course and become certified as a Youth Mental Health First Aider.

Youth Mental Health First Aid teaches you:



Signs of addiction and mental illnesses



5-step action plan to assess a situation and help



Impact of mental and substance use disorders



Local resources and where to turn for help



"Now Is The Time" – Project AWARE is supported by: Central Consolidated School Districts.