



Training

Youth MHFA - Tuesday, January 27th
Adult MHFA - Tuesday, February 24th

Mental Health First Aid teaches people how to recognize signs of mental health or substance use challenges. The course also teaches a 5-step action plan for how to offer and provide initial help and how to guide a person toward appropriate care if necessary.

These sessions are available at no cost to you through the generosity of these sponsors:



Dept. of BH/DP



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For questions, please e-mail nicole.wolf@lenapevf.org