

MENTAL HEALTH FIRST AID FOR YOUTH



SPONSORED BY:



YOUR YMHFA TRAINERS: COURSE COST: \$0.00*



Christopher St. Clair
Community Training Specialist
MHFA Trainer



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To sign up, visit the link below and click on the date of the Youth Mental Health First Aid training you're interested in.

*The cost for the course is free to Jackson and Hillsdale county residents due to sponsorship by LifeWays.

YOUTH MENTAL HEALTH FIRST AID OCTOBER 2022 - MARCH 2023 TRAININGS

The Pine Room | Jackson LifeWays Trainings

1200 N West Ave, Jackson, MI 49202

- 12/8/22--Youth MHFA, 8:30 AM-5:00 PM
- 01/17/23-Youth MHFA, 8:30 AM-5:00 PM
- 03/14/23-Youth MHFA, 8:30 AM-5:00 PM

The Board Room | Hillsdale LifeWays Trainings

25 Care Drive, Hillsdale, MI 49242

- 10/14/22-Youth MHFA, 8:30 AM-5:00 PM
- 02/09/23-Youth MHFA, 8:30 AM-5:00 PM

Youth Mental Health First Aid (YMHFA) is an international, evidence-based, educational program. YMHFA is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Upon graduation from the course you will be provided with a certificate and become a Youth Mental Health First Aider.

To Register: <https://www.lifewaysmi.org/event-sign-up/>

More Info Contact: christopher.stclair@lifewaysmi.org