



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

## **Mental Health First Aid CANADA**

2 Day Free Workshop for Kawartha Pine Ridge District School  
Board Parents of Children aged 12-17 yrs.

At the Kirby Professional Learning Centre  
3675 Concession Road 7, Orono, Room 104

Thursday, April 30, 2020 &

Friday, May 1, 2020

9:30 am to 3:30 pm

You will learn how to:

- Recognize the signs & symptoms of mental health problems
- Provide initial help
- Guide a person towards appropriate professional help

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

Once the workshop is completed you will be able to:

- Assess the risk of suicide and/or harm
- Listen non-judgementally
- Give reassurance and information
- Encourage the young person to get appropriate professional help
- Encourage other supports

Did you know that half of all mental disorders begin by the age 14-24? And 1 person in 3 will experience a mental health problem at some point of their lifetime.

**Registration closes April 23, 2020**

Space is limited to 24 participants

To receive your MHCC Certificate you must attend both sessions

To register visit [www.Eventbrite.ca](http://www.Eventbrite.ca)

Instructors: John Dougan, Leslie Walberg-Hegan, Deanna Swift

Lunch will be provided



KAWARTHA PINE RIDGE  
DISTRICT SCHOOL BOARD