



BUILDING STRONGER COMMUNITIES

YOUTH MENTAL HEALTH FIRST AID:

PARENTS, CAREGIVERS, TEACHERS, ANYONE WHO LOVES A TEEN

We are providing a **FREE** Youth Mental Health First Aid training to learn how to support adolescents (ages 12-18) facing mental health challenges or crises.

TWO-DAY, IN-PERSON COURSE
12 - 3:30 PM

Designed for adults who regularly interact with young people, such as family members, school staff, neighbors, and health workers.

Take this opportunity to gain the skills to identify, understand, and respond to signs of mental health issues in youth.

MAKE A DIFFERENCE IN THE LIVES OF YOUNG PEOPLE IN YOUR COMMUNITY!



TOGETHER WE CAN BETTER SUPPORT EACH OTHER AND MAKE A DIFFERENCE.

Click on the boxes below for more information and to register
YOUTH MENTAL HEALTH FIRST AID (YMHFA)

AUG 26-29

SEPT 16 - 17

OCT 28 - 29

NOV 25 - 26

DEC 9 - 10

QUESTIONS? Contact: Maria Suarez (she/her), msuarez@ymcawnc.org