Would You Know What To Do?

Free & Fully Virtual
Mental Health First Aid
Trainings

Friday, April 8th, 2022 (Adult Based) Friday, April 22nd, 2022 (Adult Based) Thursday, May 5th, 2022 (Youth Based) Wednesday, May 18th, 2022 (Adult Based) Thursday, May 19th, 2022 (Youth Based)

Contact Prevention Specialist and Project Coordinator under the Mental Health Awareness Training grant

Morgan Struchen

at

morgans@cfrhelps.org or 515-832-5432 x1402 for more information and on how to register.







from NATIONAL COUNCIL FOR MENTAL WELLBEING