

# Would You Know What To Do?

## Adult-Based Mental Health First Aid Training

### In-Person

Saturday, March 26th  
9 am to 3:30 pm  
Fellowship Hall @ Gowrie  
United Methodist Church

### Virtual

Friday, March 25<sup>th</sup>  
Friday, April 8<sup>th</sup>  
Friday, April 22<sup>nd</sup>

**Contact Morgan Struchen**

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

