## Would You Know What To Do? **Free & Fully Virtual** Mental Health First Aid Trainings

## **Adult Based:**

Thursday, June 16<sup>th</sup> Friday, July 8<sup>th</sup> Friday, July 29<sup>th</sup>

**Youth Based:** 

Saturday, June 18th Wednesday, June 22<sup>nd</sup> Wednesday, July 13<sup>th</sup>

**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.





Services Administration



from NATIONAL COUNCIL FOR MENTAL WELLBEING