Would You Know What To Do?

Free & Fully Virtual

Mental Health First Aid Trainings

Adult Based:

Friday, July 29th Friday, August 19th **Youth Based:**

Thursday, August 4th Friday, August 26th

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