

# FREE & FULLY VIRTUAL ADULT-BASED MENTAL HEALTH FIRST AID TRAININGS

## UPCOMING TRAINING DATES

**Tuesday,  
November 24th,  
2020**

**Monday,  
December 14th,  
2020**

**Tuesday,  
January 12th,  
2021**

**Wednesday,  
January 20th,  
2021**

**Thursday,  
January 28th,  
2021**

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Contact Prevention Specialists Todd Anderson at [todda@cfrhelps.org](mailto:todda@cfrhelps.org) or 515-832-5432 x1414 or Lacy Waldera at [lacyw@cfrhelps.org](mailto:lacyw@cfrhelps.org) or 515-832-5432 x1408 for more information and on how to register.

Visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) for information on MHFA.

Visit [www.cfrhelps.org](http://www.cfrhelps.org) for more information on all services available.