



**Mental Health First Aid** CANADA



## **MENTAL HEALTH-Commission of CANADA Presents Mental Health First Aid training**

**Location: 167 Gerrard St. East**

- A comprehensive program of the Mental Health Commission of Canada with no experience necessary
- Participants gain skills in providing help to a person developing a mental health problem or experiencing a mental health crisis
  - Learn valuable crisis intervention
- receive a Mental Health First Aid Certificate

## **SESSIONS**

**Two Day Workshop  
February 5<sup>th</sup> & 6<sup>th</sup>, 2018**

**9 am to 4 pm**

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