



YOUTH
MENTAL
HEALTH
FIRST AID®

OUR STUDENTS NEED US.

Take  YOUTH MENTAL HEALTH FIRST AID.

TWO TRAINING OPTIONS:

MARCH 28th & 29th

9:30AM-1:45PM

FREED

**435 SUTTON WAY,
GRASS VALLEY, CA**

REGISTER HERE

APRIL 4th & 5th

9:00AM-1:15PM

NCSOS

**380 CROWN POINT CIRCLE
GRASS VALLEY, CA**

REGISTER HERE

This free 8 hour training is designed for those who want a basic understanding of teen mental health and how to provide initial support and resources to youth in need. It covers the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention & teaches how to help a teen in crisis or who is experiencing a mental health challenge.

YMHFA certification is good for 3 years. Manual and light snacks provided.

For certification you must attend both days in full. CEUs not available.

Trainers are Shellee Sepko, LMFT & Jen Rhi Winders, MSW.

SPACE IS LIMITED. YOU MUST PRE-REGISTER

To Learn More: (530) 268-5854 or wellnesscheckups@gmail.com