



**MENTAL
HEALTH
FIRST AID**

Amazing Opportunity!!

Mental Health First Aid is an international program designed to teach people a five-step action plan that can be used to help someone experiencing a mental health crisis. Mental Health First Aid also gives us the tools we need to be able to recognize when someone might need help. Through the 12-hour curriculum, Mental Health First Aid serves the dual purpose of increasing mental health knowledge in the community as well as helping to connect people with care for their mental health issues.



We have Mental Health First Aid sessions scheduled in the upcoming months.

Location: 38855 Hills Tech Drive, Farmington Hills, MI 48331

Time: 9:30—4:30 on both days

Cost: \$20—includes manual, lunch on both days, and CEUs.



Upcoming Dates

- Thursday & Friday October 21-22
- Thursday & Friday November 18-19

Join Us!!

**12
Social Worker
CEUs Available!**

Sign Up!!

Payment can be in the form of check or cash. Checks should be made out to Community Network Services And mail to attn: Amy Yashinsky
38855 Hills Tech Drive
Farmington Hills, MI 48331
Payment needs to be received no less than one week prior to training

**To Register
Contact Amy Yashinsky**
ayashinsky@cnsmi.org or
248 . 871 .1403



Please include your:

- Name
- Phone Number
- E-mail Address
- Agency Affiliation (if applicable)

Program Made Possible By:

