

Will offer a  
**Mental Health First Aid Course**  
by a certified instructor with the  
**Mental Health Commission of  
Canada**



**Mental Health First Aid for Adults Who Interact with Youth**

While the course has a youth based focus, ages 12-24, the skills that are taught are the same as the basic course for people that work with adults and in addition provides two additional modules that the basic doesn't cover; Eating disorders and deliberate self-injury.

This is a nationally recognized program with Certificates from the Mental Health Commission of Canada; upon successful completion.

**Course Details:**

The instructor will lead the group through the modules covering Mental Health Problems and Stigma, Substance Related Disorders, Mood Related Disorders, Anxiety and Trauma Related Disorders, Eating Disorders, Psychotic Disorders, Deliberate Self-injury. Risk Factors, Description of the Disorder, Signs and Symptoms, Mental Health First Aid and where applicable Crisis First Aid Treatment and Resources will be covered.

**Course Dates 2018**

<b>Date: Feb. 26, 27</b>	<b>Time: 8:30am to 4:30pm</b>
<b>Date: April 24, 25</b>	<b>Time: 8:30am to 4:30pm</b>
<b>Date: June 20, 21</b>	<b>Time: 8:30am to 4:30pm</b>
<b>Date: Aug 20, 21</b>	<b>Time: 8:30am to 4:30pm</b>
<b>Date: Oct 29, 30</b>	<b>Time: 8:30am to 4:30pm</b>

**Cost: \$150.00 per person**

(Early bird payment is **\$130.00** per-person for payment received 3 weeks prior to course start date)

**\*Register 6 or more attendees for the early bird registration and the 6<sup>th</sup> person is half price (\$65.00).**

We can accommodate training for 10+ individuals at your site by request. Please Inquire.

Please see the attached registration form.  
Direct registration, payment and inquiries to:  
Barb Sutter [bsutter@epssworks.com](mailto:bsutter@epssworks.com) EPSS  
Phone: 403-343-6249