

INTRODUCTION

**Our first YMHFA course for 2020 is booked for:
*Monday 23 & Tuesday 24 March 2020!***

Limited places ONLY. Twenty places available to the first 20 people who return their registration. Book early and secure a place!

The 4th edition of the Youth Mental Health First Aid Course IS NOW AVAILABLE!

Want to Learn How to Assist Young People Experiencing Mental Health Problems?

The Youth Mental Health First Aid course teaches first aid skills for adult members of the public to give initial help to adolescents experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

This 14 hour course will cover mental health first aid in both crisis and non-crisis situations and will include such topics as adolescent development, eating disorders, depression, anxiety, psychosis, substance misuse and non-suicidal self injury.

The seminar will be presented by Melody Sutton and team member from Eastern Health, both registered mental health first aid instructors.

Please find attached a flyer outlining the event, and a course registration form should you wish to reserve a place.

When:	Monday 23 March & Tuesday 24 March 2020! 9:00am– 5:30pm
Where:	Maroonah Federation Estate, 32 Greenwood Ave, Ringwood Room 4
Directions:	Melways reference 49 H10
Cost:	\$200 per person (includes morning and afternoon tea, and lunch on both days)

Hurry, limited spaces available at this price

Kind regards

Marion Bernard
 Admin Assistant – Community Seminars