

## UPCOMING ADULT MENTAL HEALTH FIRST AID TRAININGS

The purpose of **MHFA** is to promote a more in-depth understanding of mental health in families and communities. This **8-hour certification course** assists family members, caregivers, school staff, health and human service workers, etc. to help adults and youth who may be experiencing a mental health challenge or crisis.

These trainings are open to the public. Materials will be provided. Bring a brown bag for a working lunch.

Below is the schedule of upcoming trainings:

### 1. ADULT MHFA - MONDAY 2/11/19

**TIME:** 8:30 am-4:30 pm

**WHERE:** Northern Neck Family YMCA, 39 William B. Graham Ct., Kilmarnock, VA 22482

**COST:** \$35.00 (includes materials)

**ONLINE REGISTRATION:** <https://amhfa21119.eventbrite.com>

**REGISTRATION DEADLINE:** Thursday, February 7, 2019

### 2. ADULT MHFA – THURSDAY 5/30/19

**TIME:** 8:30 am-4:30 pm

**WHERE:** Whitcomb Lodge at Beaverdam Park, 8687 Roaring Springs Rd., Gloucester, VA 23061

**COST:** \$35.00 (includes materials)

**ONLINE REGISTRATION:** <https://adultmhfa5-30-19.eventbrite.com>

**REGISTRATION DEADLINE:** Wednesday, May 22, 2019

**MPNN CSB Prevention, Health & Wellness**

**PO Box 452, Hayes, VA 23072**

**Ph. 804-642-5402**

**Email:** [prevent@mpnn.state.va.us](mailto:prevent@mpnn.state.va.us)

[www.chvc.online](http://www.chvc.online)