

## UPCOMING YOUTH MENTAL HEALTH FIRST AID TRAININGS

The Youth Mental Health First Aid Training is designed to teach parents, family members, caregivers and other caring citizens how to help an adolescent (age 12-18) who is experiencing mental health or addiction challenges or is in crisis.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

These trainings are open to the public. Materials will be provided. Bring a brown bag for a working lunch. Registrations will be accepted on a first come first served basis.

Below is the schedule of upcoming trainings:

### 1. YOUTH MHFA – SATURDAY 2/23/19

- TIME:** 8:30 am-4:30 pm
- WHERE:** Tappahannock River Fitness, 1025 Hobbs Hole Drive,  
Tappahannock
- COST:** \$35.00 (includes materials)
- ONLINE REGISTRATION:** <https://ymhfa22319.eventbrite.com>
- REGISTRATION DEADLINE:** Monday, February 18, 2019

### 2. YOUTH MHFA – TUESDAY 5/28/19

- 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://youthmhfa5-28-19.eventbrite.com>

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

### **3. YOUTH MHFA – WEDNESDAY 7/31/19**

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

**WHERE:** Bay Transit Meeting Room, 111 Commerce Parkway, Warsaw

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

**ONLINE REGISTRATION:** <https://ymhfa73119.eventbrite.com>

**REGISTRATION DEADLINE:** Thursday, July 25, 2019

### **2. YOUTH MHFA – THURSDAY 8/1/19**

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

**WHERE:** Bay Transit Meeting Room, 5959 Fiddlers Green Rd., Gloucester

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

**ONLINE REGISTRATION:** <https://ymhfa8119.eventbrite.com>

**REGISTRATION DEADLINE:** Friday, July 26, 2019

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