

# Youth Mental Health First Aid Training

In honour of the 60<sup>th</sup> anniversary of the Unitarian Congregation in Mississauga, the Social Responsibility Committee is hosting Youth Mental Health First Aid Training. This workshop will help those individuals who interact with youth aged 12 to 24 to spot the early signs of a mental health problem. You will learn to feel confident helping a young person experiencing a problem and to provide help on a first aid basis. This training will help you to prevent a mental illness from getting worse and help a young person recover faster. We are aiming to reduce the shame and blame that prevents families from getting help. Space is limited, so register soon.

When: 9:00 am-5:00 pm February 28 and March 7 (NOTE: you must be able to attend BOTH sessions to participate)

Where: The Unitarian Congregation in Mississauga, 84 South Service Rd, Mississauga, Great Hall

To Register contact Khristine Cavanagh at: [khristine.cavanagh@peelsb.com](mailto:khristine.cavanagh@peelsb.com)

Cost: FREE (\$200 value) Lunch will be provided both days