

MENTAL HEALTH FIRST-AID TRAINING



FREE Three-Year Certification

Friday, April 17 from 9:00 a.m. -3:30 p.m.

Online

Many individuals in mental health crisis go to a church to seek help...and we often don't know it. This class is open to anyone wanting to learn more about self-care and how to help others who may be struggling as well. Sponsored by the East Ohio Conference of The UMC but open to all. Contact Meghan DeGregory, Certified MHFA Trainer, with any questions:

thrive1010mv@gmail.com

The training is free but space is limited.

Use the links below to register.

<https://form.jotform.com/260635339124152>

