



**MENTAL
HEALTH
WEEK**

**FAMILY WELLBEING
PROGRAM KICKOFF**

MENTAL HEALTH FIRST AID

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

This two day workshop, participants will learn skills in how to help people who struggle with common mental health problems. At home, be confident to provide assistance to your family, friends, and neighbours. At work, recognize the signs and symptoms of mental health problems in colleagues and clients. Learn how you can best provide help to those around you who are struggling with mental health problems.

**DATES
& TIME**

**MAY 24TH & 25TH, 2017
9:00AM TO 4:00PM EACH DAY WITH AN HOUR LUNCH BREAK**

LOCATION

**JOHN R. DELANEY YOUTH CENTRE
MOOSE FACTORY, ON**

**REGISTRATION
& INFORMATION**

**WARREN KAPASHESIT
WARREN.KAPASHESIT@MOOSECREE.COM
(705) 658-4619 EXT. 301**

*** REGISTRATION IS REQUIRED. MINIMUM OF 8 PARTICIPANTS. MAXIMUM OF 15 PARTICIPANTS.
FOR MORE INFORMATION, PLEASE CONTACT WARREN KAPASHESIT AT MOOSE CREE FIRST NATION**