

MENTAL HEALTH FIRST AID



This 14-hour evidence-based MHFA Basic workshop will cover

- substance-related disorders,
- mood-related disorders, anxiety
- and trauma-related disorders, and
- psychotic disorders.

In this workshop you will gain:

- ✓ **Increased awareness** of signs and symptoms that are most common mental health problems.
- ✓ **Decreased stigma** related to mental health
- ✓ **Confidence** interacting with individuals experiencing a mental health problem or crisis
- ✓ **Increased knowledge** to help individuals in crisis or experiencing a mental health problem

**It will be held at the Fairview Provincial Building
Main Conference Room on the main floor**



JUNE 29TH & 30TH

No cost to attend. Registration required.

Please contact Laurie at the FCSS Office to register.
Phone (780) 835-5471 or email fcss@fairview.ca

Program is 14 hours. Lunch and drinks provided.