



The Community Capacity Building Training Program presents:

Mental Health First Aid

Tuesday 18th June AND Thursday 20th June

You must attend both days

9:00 - 4:30

Richelieu Vanier Community Centre 300 des Pères Blancs

What is Mental Health First Aid?

Mental health first aid is the help provided a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. The concept is based on the model of medical first aid.

- ✓ Better recognition of mental health problems
- ✓ Increased knowledge about appropriate treatments
- ✓ Reduced stigma
- ✓ Increased confidence in providing help to others

There is no charge for this session, but registration is required.

These sessions are for front line workers working with those experiencing homelessness in Ottawa

REGISTER ONLINE:

<http://www.endhomelessnessottawa.ca/index.php?q=civicrm/event/info&id=63&reset=1>

or e-mail: homelessnessccb@ottawa.ca