



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Mental Health First Aid

Join the movement.

Sometimes first aid isn't a bandage – it's **YOU!** You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn **how to help** with training in Mental Health First Aid.

One 2-day session is available.
(Participation in both days is required.)

February 10, 2018 12 PM – 4 PM and
February 11, 2018 12 PM – 4 PM

Hopewell Valley YMCA Offices
62 S. Main Street, Pennington, NJ 08534

No prerequisites for the course.
Text book is included.

These sessions are being offered
for **FREE** by the

Hopewell Valley YMCA

Register at hwymca.org
Or email dpszczołkowski@hwymca.org



Take a course. Save a life.
**Strengthen your
community.**

For more information, visit
hwymca.org or MentalHealthFirstAid.org