



Youth Mental Health First Aid Training



Free class designed for adults who regularly interact with young people ages 10-18.

Online course includes a self-paced, two-hour training followed by a four-hour, interactive virtual learning session.

Content includes:

- Common mental health challenges
- Typical adolescent development
- 5-step action plan for how to help in crisis and non-crisis situations

Facilitated by: Danielle Sutherland

Virtual learning session will be held
8:30 am - 12:30 pm on Friday, November 20th

Register at
losalamosjjab.com/events

