



MENTAL  
HEALTH  
FIRST AID

# FOR ADULTS ASSISTING YOUNG PEOPLE

**Friday, November 17<sup>th</sup>**

**8 a.m. to 5 p.m.** (Sign-in at 7:45 a.m.)

**Watonwan County Human Services**

**Community Room**

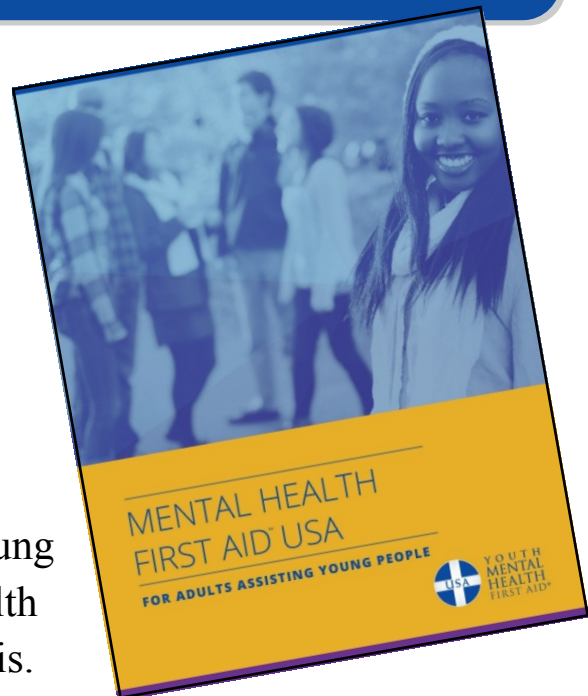
**715 2nd Ave. S., St. James, MN**

This course teaches methods of helping a young person who may be developing a mental health problem, or is already in a mental health crisis.

## Who should attend?

Anyone who has frequent contact with youth and young adults including:

- Parents, grandparents, uncles and aunts
- Social workers
- School staff and coaches
- Healthcare workers
- Youth leaders and volunteers



**FREE** training - course includes workbook and other resources.

Please bring a sack lunch.



**Class size is limited! Call 507.642.5210 to reserve your spot or  
Email: [mjhruby.mhfa@gmail.com](mailto:mjhruby.mhfa@gmail.com)**



**This class is sponsored by the Madelia Community Based Collaborative, a local group comprised of volunteers from:** Glen Taylor Nursing Institute for Family & Society, Luther Memorial Home, Madelia Community Hospital & Clinic, Madelia Ministerial Association, Madelia School District, Minnesota State University, Mankato School of Nursing, Tony Downs Foods, Watonwan County Human Services.