



regionten

a better life, a better community

Region Ten Community Services Board Hosting 2015 Mental Health First Aid Trainings

WHAT: **Mental Health First Aid is similar to First Aid and CPR.** Mental Health First Aid helps individuals to support those experiencing mental health problems and aids in getting people professional help and support. It is an interactive 8-hour course that teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self- help care. For more information on Mental Health First Aid, please visit www.thenationalcouncil.org or www.mentalhealthfirstaid.org.

We offer two versions of Mental Health First Aid: the **Adult Version** and a **Youth Version** for Adults who work with adolescents. Choose the one that is right for you.

WHO: Local citizens, families, school personnel, police officers, corrections staff, nursing home staff, hospital staff, government staff, faith communities, employers, teachers, front desk staff, nurses, resident advisors, social workers, lawyers, Scout leaders, coaches and more.

WHEN:	January 23, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	February 27, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	March 27, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	April 24, 2015	8:00 AM-5:00 PM	Youth Version	\$25
	May 15, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	June 12, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	July 17, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	August 21, 2015	8:00 AM-5:00 PM	Youth Version	\$25
	September 18, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	October 16, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	November 13, 2015	8:00 AM-5:00 PM	Adult Version	\$25
	December 11, 2015	8:00 AM-5:00 PM	Adult Version	\$25

WHERE: **Region Ten Community Services Board**
500 Old Lynchburg Rd. Conference Center Room 500A
Charlottesville, VA 22903

COST: **Classes will be \$25 per person for materials and lunch.**

REGISTER: Contact: Jane Lewis, 434-970-1282 or MHFA@regionten.org

Region Ten provides mental health, intellectual disability, crisis and substance use services for adults and children living in the City of Charlottesville and the counties of Albemarle, Greene, Fluvanna, Louisa and Nelson. Since Region Ten's inception in 1969, we have grown to more than 500 employees working to enrich our community one life at a time.