



Is sponsoring members to attend virtual Mental Health First Aid Adult training at no cost

Register at: <https://www.surveymonkey.com/r/CFDMC-MHFA-ADULT>
Seating is limited in each class so register early

Virtual MHFA is a two part training. The first part is a 2-hour self-paced online course that will teach you some of the basics of the course, such as: the purpose of Mental Health First Aid, your role as a certified First Aider and how to recognize mental health challenges. Part 2 is a 4.5 hour Zoom course led by the instructors where you will learn how to apply the skills to both crisis and non-crisis scenarios.

Please remember, for all trainings, a 2-hour, self-paced course must be completed on your own before taking Part Two.

Once you have registered for the Part 2 classes, you will receive details on how to access Part 1 for the self-paced course and Part 2 Zoom classes.

See attached MHFA overview for additional details on this course.