



In Canada, one person in three will experience a mental health problem in their lifetime.

One in five people will experience some type of mental health problem in any given year.

Would you know what to do to support a loved one experiencing an emerging mental health problem, or in the midst of a mental health crisis? Would you recognize concerning signs and symptoms in your family members, friends, or neighbours? **What about in yourself?**

Register for **Mental Health First Aid**, a 14-hour, practical course that can help increase your awareness of mental health issues, strengthen compassion, foster empathy, and banish stigma.



Register today!

**Two Saturdays, February 21 and 28, 2015, 9 AM to 3:30 PM
Windsor Park United Church (basement)**

\$35/participant (includes MHFA manual, wallet card and certificate)

For more info or to register: Karen Viveiros, Certified Trainer

Ph: 204.488.4768 or email vivankiw@mts.net

Light refreshments provided; please bring a nut-free lunch.

Mental Health First Aid CANADA

To learn more: www.mentalhealthfirstaid.ca



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada