



NASSAU COUNTY DEPARTMENT OF HUMAN SERVICES
OFFICE OF MENTAL HEALTH, CHEMICAL DEPENDENCY AND
DEVELOPMENTAL DISABILITIES SERVICES AND
THE FRIEDBERG JCC



PRESENT
YOUTH MENTAL HEALTH FIRST AID
MONDAYS, DECEMBER 11 & 18

5-5:50 PM REGISTRATION & LIGHT DINNER
6-10 PM TRAINING (BEGINS PROMPTLY AT 6 PM)
Facilitators: Kathleen Foster and David Hymowitz,
Nassau County Department of Human Services

LEARN HOW YOU CAN HELP IN THIS FREE EIGHT-HOUR COURSE
Youth Mental Health First Aid is a nationally-recognized certification course that teaches parents, teachers, coaches, neighbors and friends a five-step action plan to offer help to adolescents experiencing a mental health or substance abuse crisis. Learn how to assess the situation, select the appropriate interventions and secure immediate care. Know the Facts • Start the Conversation • End the Stigma



**SOMETIMES FIRST AID ISN'T A BANDAGE OR CPR OR
THE HEIMLICH, SOMETIMES THE BEST FIRST AID IS YOU!
TAKE THE COURSE, SAVE A LIFE AND STRENGTHEN YOUR COMMUNITY**

Name _____

Address _____

Phone Number _____

Brief Description of why you are enrolling _____

REGISTRATION REQUIRED. ONLY 30 SPACES AVAILABLE. SIGN UP NOW!

For more information contact Gloria Lebeaux, LCSW, Director of Social Work Services & Partners in Caring at 516-634-4010 or glebeaux@friedbergjcc.org.



15 Neil Court, Oceanside, NY, 11572
www.friedbergjcc.org

