



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

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.*



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