



New generation, new conversation

SafeSpace is Offering Youth Mental Health First Aid Classes Open to the Community

Instructor: Nagres Dillon, a certified instructor and highly regarded Licensed Marriage and Family Therapist. Nagres serves as the Program Director for the Star Vista Crisis Intervention and Suicide Prevention Center.

When: Saturday January 24 from 9:00-5:00pm or Saturday, Feb. 24 from 9:00-5:00 pm

Where: SafeSpace Community Engagement Center, 708 Oak Grove Ave. Menlo Park

Who: Open to teen and adults in San Mateo County

Register through [Eventbrite](#)

Fee: \$20

What: Youth Mental Health First Aid is a one-day, eight-hour course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan on how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

About SafeSpace: The SafeSpace Center in Menlo Park is focused on advocacy, anti-stigma and wellness initiatives along with efforts designed toward primary prevention and early identification of mental illnesses. We believe this approach will lead to youth feeling heard and in charge of their path to mental wellbeing. For more information, please contact SafeSpace at www.safespace.org or 650-714-4417