

PRESENTS

# FREE Mental Health First Aid Trainings

Including: Older Adult Module

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)



The course is offered monthly at  
FCA main office:

**377 Oak Street, 5th Floor,  
Garden City, NY 11530**  
**OR scheduled at your location.**

Class is offered:  
6 hours (1/2 hour break) OR  
Split sessions of 2 hours & 45 minutes

If you wish to attend or schedule a  
training, contact: **Jeanne Cacciatore**

**[jcacciatore@fcali.org](mailto:jcacciatore@fcali.org)**  
**Call/text: (516) 619-6786**  
**Office: (516) 485-3425 x 2332**

## Why Mental Health First Aid?

Learn how to recognize signs and assist  
adults who may be experiencing  
a mental health or substance use challenge  
by getting certified in an  
evidence-based training program.

**1 IN 4\***

Older adults have  
a mental health  
condition.

More than  
**1 MILLION\***

adults age 65 and up  
had a substance use  
challenge.

Males aged 75 and  
over have a

**HIGHER RATE  
OF DEATH  
BY SUICIDE\***

*\*Statistics from WHO/CDC/Suicide Prevention*

## Upcoming Dates

(choose one)

- 10/02/24
- 10/09/24
- 11/06/24
- 11/14/24
- 12/06/24
- 12/18/24

10am-4pm | 377 Oak Street,  
FIFTH FLOOR, Garden City

\*Opportunity to receive a \$30 gift card!

[www.fcali.org](http://www.fcali.org) | 516.746.0350

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