

PRESENTS

FREE Mental Health First Aid Trainings

Including: Older Adult Module
www.mentalhealthfirstaid.org

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



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:
6.5 hours (1/2 hour break) OR
Split sessions of 3 hours each

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

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

2025 Upcoming Dates

(choose one)

- **Sept 5**
- **Oct 3, OR Oct 17, OR Oct 29**
- **Nov 7, OR Nov 13**
- **Dec 3, OR Dec 15**

**10am-4:30pm | 377 Oak Street,
FIFTH FLOOR, Garden City**

Opportunity to receive a \$30 gift card!