

# Youth Mental Health First Aid Training

**FREE- Open to all families/parents and district staff**

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

*Light snacks will be provided*

## Empower. Understand. Support.

#Stigma180



CARVER  
COUNTY



Public Health  
Prevent. Promote. Protect.



**ECCS**

COMMUNITY EDUCATION



### 2 CLASSES REQUIRED

**Date:** Thursday, 12/5 & 12/19

**Time:** 3:30 - 7:30 PM

**Venue:** Chanhassen High School-Fishbowl (Room S102)

### *Presenters/Facilitator*

- Katie Mac Jurado, MA, LMFT, RPT, CCTP, CATP
- School-Linked Mental Health Therapist
- Carver County Health and Human Services
- Watertown-Mayer Middle School

### **Sign up here!**



[CE4ALL.ORG](http://CE4ALL.ORG) 952.556.6400