

FREE MENTAL HEALTH FIRST AID TRAINING

Monday, April 28, 2025

8:30 am - 4:00 pm

Village Hall - Anne Zusy Youth Lounge

131 N. Maple Ave., Ridgewood



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

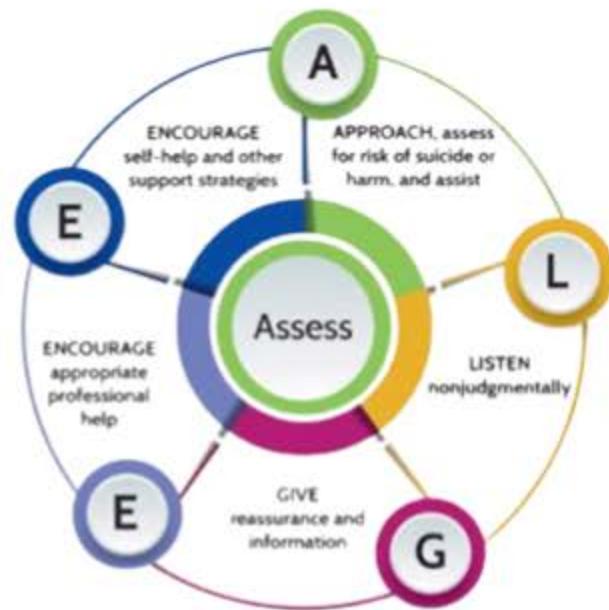
Must be 18 or older to register. Space is limited to 30 adults

To register, call 201-670-5500, ext. 2312

or email dcaputo@ridgewoodnj.net

Who Can Benefit from Mental Health First Aid Training?

- Parents/Guardians
- Educators
- Healthcare Workers
- Employers
- Police Officers
- First Responders
- Caring Individuals



Mental Health First Aid is an 8-hour course that will teach you how to identify, understand and respond to signs of mental health and substance abuse challenges among adults and youth. You'll build the skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to connect them to appropriate support.



**RIDGEWOOD
PROUD TO BE
STIGMA-FREE**