

MENTAL HEALTH FIRST AID TRAINING

sponsored by  **NAMI** | Oshkosh
National Alliance on Mental Illness



MHFA training is a FREE skills based course that gives people the tools to identify, understand, and respond to someone experiencing a mental health crisis.



The training is taught by Anita Kinsley, a certified Mental Health First Aid Instructor.



Materials, lunch, snacks, and beverages provided by NAMI Oshkosh.



**Wednesday,
March 18,
2026**



**9:00AM-
5:00PM**



**NAMI
Oshkosh
525 N.
Main
Street,
Oshkosh**

Register by email:

info@namioshkosh.org