



FREE VIRTUAL YOUTH MENTAL HEALTH FIRST AID COURSE

Children face many stressors including bullying and peer pressure to vape or consume other substances. Understand how to help your children or youth who are experiencing challenges or addictions by learning typical adolescent development and a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

This course includes an instructor-led portion hosted on Zoom on May 27th.

May 27th, 2026
9 am - 3 pm
To Register:

SCAN ME!



<https://forms.gle/tUdMEjwWQG1obb7P9>

Registration closes on May 26th, 2026.

(YOU WILL RECEIVE A ZOOM LINK VIA EMAIL)

This course is intended for adults 18 + years old.



FOR MORE INFORMATION
PLEASE CONTACT
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