



**SUNDAY, AUGUST 5TH
& SUNDAY, AUGUST 12TH
10:50 AM-4:00 PM
Lunch included**

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In MHFA, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Tuition was \$35 and now is \$20 for both sessions, subsidized by the Atonement Lutheran Church Mental Health Ministry. Enrollment is limited to 30 persons.

REGISTER NOW:

Email: revalan2004@comcast.net.

Questions: 720-304-6918.

**Atonement Lutheran Church, Chapel
685 Inca Parkway Boulder, CO**

(on the south side of baseline several blocks west from meadows shopping center, foothills/baseline)

Tuition: \$20

Subsidized by the Atonement Mental Health Ministry.