



MENTAL HEALTH FIRST AID

Upcoming Training Date:

August 18th- 9am to 3:30pm



Register
HERE

Or email

Cmarx@AlpertJFS.org
to register!

**Trainings will take
place in person at:
1939 Broadway,
Riviera Beach, FL
33404**



- Many of us know what to do is someone needs CPR or First Aid.
- Would you know what to do if someone is having a mental health or substance use challenge?
- What to say?
- How to help this person get help?
- Take this training and learn exactly what to say and do to assist someone in need
- Be the change! You can help save a life!