

Youth Mental Health First Aid

Many of us carry first aid kits in our cars or have taken a basic first aid course. Why? Perhaps we want to be prepared to help a loved one in a medical emergency or perhaps we have a desire to be of service if a stranger needs assistance.

Mental Health First Aid is a blueprint for comfort, promoting recovery, and helping to reduce distress related to stress situations, trauma, and crises. Think of it as a guide that gives you tools to build a trusting relationship that will help you to help others.

Not every person in psychological distress has a mental disorder. The information you learn during this class is designed to help you assume a helpful role when encountering a distressed individual and should not be used to diagnose or to replace a therapist. ***Hosted by Wellness in the Woods*

Tuesday, December 4th, 2018

9:00am - 4:00pm

Registration/Check In: Begins at 8:30am

Location: Best Western Dakota Ridge

3450 Washington Drive Eagan, Minnesota (free parking)

For more information contact Amber Gunderson at mnrehabtransition@gmail.com

Agenda

8:30am-9:00am:	Registration
9:00am-10:30am	Session
10:30am-10:45am	Break
10:45am-12:00pm	Session
12:00pm-1:00pm	Lunch (On Your Own)
1:00pm-2:15pm	Session
2:15pm-2:30pm	Break
2:30pm-4:00pm	Session



***Mental Health First Aid Certificate available upon completion of the course*

*****Space is limited, register early!!**

Sponsored by:

Transition Specialties Division (TSD)

A division of the Minnesota Rehabilitation Association (MRA)

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Registration Form: (One per person)

Name: _____

Title: _____

Organization: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Requested Accommodations: _____

Registration Fees:

_____ Transition Division Member \$40

_____ Non-Transition Division Member \$50

_____ Additional Registration Fee After November 15th \$5

Payment Methods:

_____ Check included with Registration Form

_____ Purchase Order to MRA (Please attach a copy of PO with registration, if available)

Make Checks Payable to: MRA Transition Division and mail with registration to:

Amber Gunderson

777 E. Lake Street Suite 204

Minneapolis, MN 55407