



# MENTAL HEALTH FIRST AID FIRST NATIONS

**MAY 1<sup>ST</sup> – 3<sup>RD</sup>, 2018**

**CLASSROOM 2, NANICOST BUILDING**

**MAY 1, 2018 1:00PM – 4:00PM**

**MAY 2, 2018 9:00AM- 4:00PM**

**MAY 3, 2018 9:00AM-4:00PM**

## Training Information

### Cost:

**300\$/person  
16-24 people**

### Fee includes:

**Training, MHFA  
Workbook, Mental  
Health First Aid  
wallet card and  
certificate of  
completion**

### **Aims of Mental Health First Aid First Nations**

- Strengthen skills to help those concerned about changes affecting their mental wellness.
- Increase awareness of the signs and symptoms related to changes in mental wellness.
- Reduce stigma about mental wellness and provide information about appropriate supports.

### **Topics Covered**

Culture and wellness, Circles of Support, Historical loss and trauma, Mood disorders, Substance Use, Self-harm, Psychotic disorders, Anxiety and trauma-related disorders, Obsessive-compulsive disorders, Journey to wellness: restoring balance and practicing self-care.

Please contact Kim at  
Seven Generations Education Institute, or  
click the link below to reserve your spot in  
this training session.

**[REGISTER HERE!](#)**

[training@7generations.org](mailto:training@7generations.org)

