

FREE- Virtual **Mental Health First Aid**

Choose a class from the following dates in 2023:
February 17th, March 24th, May 8th or 10th, September 6th,
or December 4th
Class starts at 8:30 and ends by 4:00pm



***1 in 4 of us will experience a mental health problem in any given year**

***A person you know could be experiencing a mental health or substance use problem**

***Learn an action plan to help**

Participants will complete a 2-hour, self-paced class, and then participate in a 6-hour, instructor-led class via Zoom

Go to our TCHSA Eventbrite Page to sign up for our trainings, and be sure to follow to learn about all of our upcoming events. Here's the link:

<https://www.eventbrite.com/o/tehama-county-health-services-agency-10873122780>

BROUGHT TO YOU BY TEHAMA COUNTY HEALTH SERVICES AGENCY

For more information, contact Avery Vilche at
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