

FREE- Mental Health First Aid, MHFA & Youth Mental Health First Aid, YMHFA

**Choose a class from the following dates in 2025:
May 14th, May 21st, September 10th, September 17th
Classes start at 8:30am and end at 5:00pm**



***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 engage in a dynamic, powerful training

Go to the following link to get registered:

<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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