



Mental Health First Aid Training

September 2022-June 2023

Be the difference! Become certified as a Youth and/or Adult Mental Health First Aider!

FREE for Mendocino & Lake Counties
\$24/person for out of county

Training is **VIRTUAL** and is being conducted through Zoom
The virtual training is comprised of two parts: a 2 hour online self-paced portion, followed by an instructor-led portion.

Mental Health First Aid teaches basic skills in how to identify, understand, and respond to signs of mental health challenges in youth and adults.

Learn to provide initial help, support, and intervention.

Connect youth and adults to professional help and community resources.

No experience or background in counseling or mental health necessary.

<p>YOUTH – SEPTEMBER</p> <p>Thursday, 9/15 9 am-2 pm http://mcoe.k12oms.org/1701-224863</p> <p>Wednesday, 9/28 9 am-2 pm http://mcoe.k12oms.org/1701-222931</p>	<p>ADULT – SEPTEMBER</p> <p>Thursday, 7/14 9 am-3 pm http://mcoe.k12oms.org/1701-219522</p>	<p>YOUTH – OCTOBER</p> <p>Thursday, 10/13 9 am-2 pm http://mcoe.k12oms.org/1701-224865</p> <p>Wednesday, 10/19 9 am-2 pm http://mcoe.k12oms.org/1701-225200</p> <p>Tuesday, 10/25 9 am-2 pm http://mcoe.k12oms.org/1701-224868</p>
<p>YOUTH – NOVEMBER</p> <p>Tuesday, 11/08 9 am-2 pm http://mcoe.k12oms.org/1701-224869</p> <p>Wednesday, 11/30 9 am-2 pm http://mcoe.k12oms.org/1701-224870</p>	<p>ADULT – NOVEMBER</p> <p>Wednesday, 11/02 9 am-3 pm http://mcoe.k12oms.org/1701-224858</p>	<p>YOUTH – DECEMBER</p> <p>Wednesday, 12/07 9 am-2 pm http://mcoe.k12oms.org/1701-224872</p>

<p>YOUTH – JANUARY Wednesday, 1/11 9 am-2 pm http://mcoe.k12oms.org/1701-225193</p> <p>Wednesday, 1/25 9 am-2 pm http://mcoe.k12oms.org/1701-224876</p>	<p>ADULT – JANUARY Wednesday, 1/18 9 am-3 pm http://mcoe.k12oms.org/1701-224859</p>	<p>YOUTH – FEBRUARY Wednesday, 2/08 9 am-2 pm http://mcoe.k12oms.org/1701-224878</p> <p>Thursday, 2/23 9 am-2 pm http://mcoe.k12oms.org/1701-224880</p>
<p>YOUTH – MARCH Thursday, 3/09 9 am-2 pm http://mcoe.k12oms.org/1701-224881</p> <p>Wednesday, 3/22 9 am-2 pm http://mcoe.k12oms.org/1701-224883</p>	<p>ADULT – MARCH Tuesday, 3/14 9 am-3 pm http://mcoe.k12oms.org/1701-224861</p>	<p>YOUTH – APRIL Thursday, 4/13 9 am-2 pm http://mcoe.k12oms.org/1701-224902</p> <p>Tuesday, 4/25 9 am-2 pm http://mcoe.k12oms.org/1701-224903</p>
<p>YOUTH – MAY Wednesday, 5/10 9 am-2 pm http://mcoe.k12oms.org/1701-224904</p> <p>Tuesday, 5/23 9 am-2 pm http://mcoe.k12oms.org/1701-224906</p>	<p>ADULT – MAY Thursday, 5/18 9 am-3 pm http://mcoe.k12oms.org/1701-224862</p>	<p>YOUTH – JUNE Tuesday, 6/13 9 am-2 pm http://mcoe.k12oms.org/1701-224907</p> <p>Thursday, 6/22 9 am-2 pm http://mcoe.k12oms.org/1701-224908</p>



For any questions or concerns please contact **Natasha Carter** at ncarter@mcoe.us or 707-467-5111
 Or **Celyna Ramos** at cramos@mcoe.us or 707-462-5113