



Mondays – January 9, 16, 23, & 30 **4:00pm-7:00pm**

Snacks and refreshments will be provided.

East Montclair Community Center

6740 E. Colfax Ave., Denver 80220



This class is delivered by a Mental Health First Aid USA instructor who has completed a 5-day training and other certification requirements.

This 12-hour course will teach you:

- How to provide help to someone showing signs of mental illness or mental health crisis.
- A 5-step action plan to help an individual in crisis connect to professional care.
- The potential warnings signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance abuse.

Who should attend:

- Friends and family of individuals with mental illness or addiction.
- Community leaders including, police officers, human resource directors and primary care workers.
- Teachers, college faculty and clergy.

Cost: \$60/person. All who complete the class receive a certificate of completion.
Space is limited – Please RSVP by Friday, January 6th, 2012

[Register Online!](#)

[Click here](#)

For more information or to register by phone or email, contact Tim at **720-208-2239** or **twebb@mhacolorado.org**

www.mhacolorado.org

