



**YOUTH
MENTAL
HEALTH
FIRST AID®**

8-HR CERTIFICATION COURSE FOR ADULTS ASSISTING YOUNG PEOPLE

Learn how to:

- Recognize signs that a mental health problem could be developing
- Respond appropriately to a crisis



Course Schedule 2020

July 23

PORTOLA

8:30AM-5:00PM

Portola Station
171 S Gulling St

OCTOBER 6 & 7

CHESTER

12:30PM-5:00PM

Chester Wellness Center
372 Main St

Must attend both days

Register online at: www.plumasruralservices.org/1staidyouth

For more information contact:

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