



1 in 5 Canadians will be living with a mental health problem this year

LET'S TALK MENTAL HEALTH!

FREE Mental Health First Aid (MHFA) Training

SATURDAY
OCTOBER 13 & 27
9:30 AM - 4:00 PM

WESTERN QUEBEC SCHOOL BOARD (COUNCIL CHAMBERS)
15, rue Katimavik, Gatineau (Aylmer sector)

Hilary Jocelyn, an experienced MHFA trainer for the Mental Health Commission of Canada's MHFA program, will lead us through this two-day training to better understand and support youth and adults with a mental illness.

Anyone can be trained to help. Adults 18+ are welcome to attend this training session that will give you: the confidence and skills to engage someone with an emerging mental health problem or in a crisis; greater recognition of mental health problems; decreased stigma; and improved mental health for themselves.

Participants who complete the program will receive a certificate. Refreshments and a FREE lunch will be provided.

Seating is limited so make sure to RSVP at the information below!

819-777-3206
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Community Health
and Social Services Network

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