



## Mental Health First Aid: Adults Who Interact With Youth June 25 and 26, 2019

### MHFA: Adults Who Interact with Youth

- Is intended for an adult audience whose primary focus is youth (aged 14-25)
- Is an evidenced-based program of the Mental Health Commission of Canada

[www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

### Key Outcomes

- Increased awareness of signs and symptoms of the most common mental health problems
- Decreased stigma related to mental health problems
- Increased confidence interacting with individuals experiencing a mental health problem or crisis
- Increased help provided to individuals in crisis or experiencing a mental health problem

### Course Content

- Mental Health and Stigma
- Substance-related Disorders
- Mood-related Disorders
- Anxiety and Trauma-related Disorders
- Eating Disorders
- Psychotic Disorders



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health  
First Aid Canada



### **Registration Deadline:**

June 17, 2019

*See registration form attached*

### **Cost:**

\$150/person

*Includes:*

- 14hr course
- manual/materials
- MHFA certificate

**Light Lunch Included**

### **Location:**

Hamilton Wentworth  
District School Board  
20 Education Court,  
Hamilton ON

9am – 4pm

### **Facilitated By:**

Lori Claxton, CYW, RP  
Youth Substance Use Therapist  
Registered Psychotherapist  
MHFA-Youth Instructor  
AY Office: 905-527-4469  
Instructor: 289-684-5426

***Have questions?  
Feel free to contact us!***

**Mental Health First Aid: Adults Who Interact With Youth**  
**June 25 and 26, 2019**  
**9:00am – 4:00pm**

**REGISTRATION FORM**

**Venue Location:** Hamilton Wentworth District School Board  
20 Education Court, Hamilton ON

**To Register:**

- ✓ Complete participant information below
- ✓ Return registration form and payment to:  
**Alternatives for Youth**  
**38 James Street South, 2<sup>nd</sup> Floor**  
**Hamilton ON, L8P 4W6**
- Payment in form of cheque made payable to “Alternatives for Youth” must be received by June 17, 2019 to confirm registration. *We regret that we are unable to process credit card or electronic payments at this time and apologize for any inconvenience this may cause*

**Important Registration Details:**

- Registration fees are non-refundable. In the event a participant is unable to attend, the participant may transfer their registration to an alternate individual (**please notify instructor of change**)
- In the event of course cancellation (e.g. Inclement Weather or other unforeseen circumstance) full registration fees will be returned to you; you will be notified of cancellation by email and information will be posted on AY Social Media (Twitter, Instagram) @AYHamONT
- AY does not retain personal information of participants. The address you provide will only be used to return your course payment cheque in the event of cancellation

*Please Print*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

***What has motivated your interest in completing the MHFA-Youth course?***

- |   |  |
|---|--|
| <input type="checkbox"/> Personal Interest or Development     | <input type="checkbox"/> Student or Educational Interest |
| <input type="checkbox"/> Professional Interest or Development | <input type="checkbox"/> Other                           |
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