

MENTAL HEALTH FIRST AID

EXT. 0349, TH22



University College
of the North



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

In partnership with Canadian Mental Health Association we are pleased to offer:

MENTAL HEALTH FIRST AID CANADA is intended for adults interacting with adults (18 years & older). The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program teaches people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

Who should take an MHFA Canada course?

Everyone! Anyone can benefit from Mental Health First Aid (MHFA). It is open to members of the general public. Families affected by mental health problems, teachers, health service providers, emergency workers, frontline workers who deal with the public, volunteers, human resources professionals, employers and community groups are just a few of the groups who have benefitted from MHFA.

DATES: December 5-6, 2023, Classes run from **9:00 a.m. – 5:00 p.m.**

LOCATION: Room 108 (main floor, through library), UCN Campus, Thompson MB

TUITION: \$150 (plus \$7.50 GST) per seat

Deadline to register and make payment arrangements is November 28, 2023 by 4:00pm

REGISTER TODAY!!!

Phone/Text Bonnie: 204-307-0210; or toll-free 1.866.677-6450 (Ext 0697)

or Email: blederhaus@ucn.ca

Further information and course offerings can be found at UCN.CA/CIS

The tuition fee must accompany the registration form in order for your seat to be held. Pay by cash, check, Purchase Order, ATI, TAN, MasterCard/Visa. Courses are subject to cancellation due to insufficient enrolment.

Refund Policy: 100% refund will be issued if course is cancelled by UCN. If student wishes to withdraw, a refund will be issued providing the voluntary withdrawal form is submitted to UCN 5 days prior to the first day of class.

UCN acknowledges that we are on the traditional territories and homelands of many Indigenous peoples, who have existed here since time immemorial. The First Nations in the area that UCN serves entered into treaty relationships with the Crown and the territory has also become home to other Indigenous peoples. We uphold the treaties and collaborate with all Indigenous peoples to share truth, reconciliation and learning.