

MENTAL HEALTH FIRST AID

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

MENTAL HEALTH FIRST AID (MHFA) CANADA is intended for adults interacting with adults (18 years and 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. Anyone can benefit from Mental Health First Aid. 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.

The course 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!

Dates: June 22-23, 2022, Classes run 9:00 a.m. – 5:00 p.m.

Location: Room 409, UCN Thompson Campus, Thompson MB (face to face)

Tuition: \$95.24 (plus \$4.76 GST) per seat

To register and for further information contact:

Bonnie Lederhaus, Operations Coordinator
Phone: 204-307-0210, Email: blederhaus@ucn.ca

Deadline to register and make payment arrangements is June 15, 2022 by 4:00 pm.

The tuition fee must be paid in order for your seat to be held. Pay by cash, check, Purchase Order, ATI, TAN, MasterCard/Visa. Course is 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.

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

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.