

## **2 Day Free Workshop for Kawartha Pine Ridge DSB Parents of Children aged 12-17 yrs.**

**On the Second Floor of Port Hope High School**

**130 Highland Dr. in Port Hope**

**Thursday, March 21, 2019 (rm 209)**

**Friday, March 22, 2019 (rm 207)**

**9 am to 3:00 pm**

**You will learn how to:**

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

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

**Once the workshop is completed you will be able to:**

- **Assess the risk of suicide and/or harm**
- **Listen non-judgementally**
- **Give reassurance and information**
- **Encourage the young person to get appropriate professional help**
- **Encourage other supports**

**Did you know that half of all mental disorders begin by the age 14-24? And 1 person in 3 will experience a mental health problem at some point of their lifetime.**

**Registration closes March 15, 2019**

Space is limited to 24 participants

To receive your MHCC Certificate you must attend both sessions

o Register: <https://www.eventbrite.com/e/mental-health-first-aid-workshop-for-kawartha-pine-ridge-dsb-parents-tickets-57733124329>

Lunch will be provided

Instructors: John Dougan & Leslie Walberg-Hegan