



**MENTAL  
HEALTH  
FIRST AID**

# Mental Health First Aid

The North Reading Community Impact Team and Town of North Reading are proud to offer Mental Health First Aid for youth, an interactive educational program for adults who work with or care for youth. This program introduces participants to the unique risk factors and warning signs of mental health problems. The 3-part program is open to any community member or staff and recommended for those working with youth, the public, service workers, social workers, law enforcement, child care staff, teen workers, government officials, and more.

**FREE**

## **3-Part Youth Mental Health First Aid**

(attendance at all 3 trainings is required for certification)

Wednesday, October 16, 2019 \* 6:00p-9:00p

Wednesday, October 23, 2019 \* 6:00p-9:00p

Wednesday, October 30, 2019 \* 6:00p-8:00p

North Reading Town Hall, Room 14

**Register at [www.northreadingma.gov/CIT](http://www.northreadingma.gov/CIT) Click EVENTS**

For more information visit  
[mentalhealthfirstaid.org](http://mentalhealthfirstaid.org) or contact  
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email [lmiranda@nrpd.org](mailto:lmiranda@nrpd.org)



North Reading  
**COMMUNITY  
IMPACT TEAM**