



# **MENTAL HEALTH FIRST AID FOR YOUTH**

Join us for 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 challenges and how to respond. The 3-part program is open to any North Reading community member or staff person and recommended for those working with youth!

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

Part 1: Pre-work on your own (link will be sent via email)

Part 2: Instructor-Led Training 3/13/24 5p-9:30p

Part 3: Instructor-Led Training 3/20/24 5p-9:30p

Instructor-Led Trainings include a light dinner.

Completion of all 3 parts is required for certification.

**FREE**

Scan QR code to register or visit  
[www.northreadingma.gov/CIT](http://www.northreadingma.gov/CIT)  
and click EVENTS



For more information visit  
[mentalhealthfirstaid.org](http://mentalhealthfirstaid.org) or contact Jen Ford at  
[northreadingcit@gmail.com](mailto:northreadingcit@gmail.com)

