

YOUTH MENTAL HEALTH FIRST AID FREE TRAINING



We all want healthy kids, but would you know what to do if your child were in a crisis? Or experiencing worry, sadness?

A young person (12-18 years old) you know could be experiencing a mental health challenge or crisis.

Two upcoming trainings!

- 1) February 16 & 18 from 4:00-8:30 p.m.
- 2) March 7 & 9 from 4:00-8:30 p.m.

TO REGISTER CONTACT
ANNE FIMREITE

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608-339-3213 X 1007

Would you like to learn more about:

- Typical youth development and what it may look like if a problem is developing
- Recognizing warning signs and common youth mental health and behavioral struggles and symptoms
- How to listen to your child
- What to do during a youth mental health crisis
- Identifying a crisis and how to handle it
- Identifying supports and strategies that can help your child
- Resources in our community that can support your job as a parent

IF YOU ARE ATTENDING AS A PARENT OR GUARDIAN OF A SCHOOL-AGED YOUTH, YOU WILL RECEIVE A \$30 GAS CARD FOR PARTICIPATING

DINNER AND SNACKS WILL BE PROVIDED