

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.

Join us on
NOVEMBER 6 FROM
8:00 A.M. – 5:00 P.M.

(Up to 30 participants)

**TO REGISTER
CONTACT
ANNE FIMREITE
608-780-0839
fimreite_a@afasd.net**

OR LET YOUR SCHOOL
COUNSELOR KNOW THAT
YOU WOULD
LIKE TO ATTEND

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 crises 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 STUDENT IN SCHOOL, YOU WILL RECEIVE A \$30 GAS CARD FOR PARTICIPATING

LUNCH AND SNACKS WILL BE PROVIDED

