

Mental Health First Aid for Adults who Interact with Youth

FCSS Edmonton invites you to attend a 2-day course on mental health for youth! Space is limited, so register early.

Who can attend? *This course is only being offered and subsidized for staff of FCSS funded agencies, partners, and City of Edmonton staff that work with youth. Feel free to share with your internal colleagues, please do not share externally.*

Course Objectives and Content

One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid (MHFA) Canada gives people the skills to provide that early help that is so important in recovery. MHFA is the help provided to a person developing a mental health problem or experiencing a mental health crisis. See <http://www.mentalhealthfirstaid.ca> for more details.

Participants will learn to:

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

MHFA for Adults who Interact with Youth (aged 12-24) is a 14-hour course that discusses the following mental disorders:

- Substance use, mood (including suicide), anxiety, psychotic, eating and deliberate self-injury

Target Audience

Youth workers, outreach workers, program staff, Executive Directors or any staff that interact with youth in your programs.

Date, Time, Location

Dates	Time	Location	Instructor
September 14 & 21, 2015* <i>Course code: 539334</i>	9am-5pm	Fulton Place School 10310 56 St, Edmonton	Jill Osler, FCSS Liaison, MHFA Youth and Basic Instructor

*Note that **both days** of the training must be attended in full in order to receive a completion certificate and to receive the FCSS subsidized rate.

Cost

\$85 per person (includes 2 days training, course manual, light breakfast and lunch for both days). This is a subsidized rate. Cancellations can be made until the day before the training for a full refund (less a \$10 administration fee if 15 days or less prior to course date), day-of no shows will pay \$185, which is the full course rate offered by other providers.

How to Register

Please call 311 to register: use course code 539334; you will pay over the phone by credit card. Dietary restrictions can be sent to jill.osler@edmonton.ca.

Drop off/mail: Alternatively, you can drop off a completed registration form (below) and a cheque made out to "The City of Edmonton" for \$85 to:

Attention: Program Registration
City of Edmonton – Community Services
Circle Square
11808 St. Albert Trail
T6T4G4

Or drop the cheque off and register at any City of Edmonton Recreation Centre.

Deadline for registration: September 4th, 2015

We will be accepting registration for multiple staff per agency/group for the course, so feel free to sign up as many staff as you feel would benefit for your programs.

Please complete all sections of the registration form below and include it with your cheque if you are dropping it off or mailing it in to Circle Square.

Registration Form *(for Circle Square drop off/mail only)*

Name:	
Role:	
Agency name:	
Email:	
Phone number:	
Course date and course code:	
Dietary restrictions:	

Please contact Jill Osler, FCSS Liaison with any questions at 780-944-5503 or jill.osler@edmonton.ca.