



CANADIAN
MENTAL HEALTH
ASSOCIATION

ASSOCIATION
CANADIENNE
POUR LA SANTÉ
MENTALE

Niagara Branch

www.cmhaniagara.ca

Mental Health First Aid

Date: August 9 & 10, 2010
Time: 8:30 a.m.— 4 p.m.
Location: 36 Page Street,
St. Catharines, ON

Registration Fee: \$225
Limited Space—Register early

The Mental Health First Aid (MHFA) Program is designed to improve your mental health literacy and to provide the skills and knowledge necessary to help people manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. This two day workshop is open to the general public, health service providers, front line workers and volunteers.

Name: _____ **Phone:** _____

Agency: _____ **Email:** _____

Address: _____

Postal Code: _____

Payment: Cheque VISA MasterCard

(Cheques payable to Canadian Mental Health Association, Niagara Branch)

Card Number: _____ **Expiry Date:** _____

Please send registration to:

**Mental Health First Aid Workshop
Canadian Mental Health Association, Niagara Branch
6760 Morrison Street
Niagara Falls, ON L2E 6Z8
Attention: Lisa Allegra
FAX: 905-354-4577 or email: lallegra@cmhaniagara.ca**

For further information contact: Lisa Allegra at 905-354-4576 ext. 532