

**Similar to 'First Aid' and CPR,
Mental Health First Aid helps those experiencing
mental health problems before they can get
professional help and support**



Creating Today, Inc. Proudly Presents

Mental Health First Aid

A collage of four photographs: a young man smiling, an older man smiling, a woman hugging a young girl, and a woman smiling.

Dates: March 25 & 26, 2010 9am-5pm

Registration deadline: Wednesday, Mar.10

Location: **The Capitol**, Suite 2103
400 South Monroe Street
Tallahassee, FL 32399-0001

Who should attend: Primary care
providers, educators, businesses, parents,
clergy & anyone interested in mental health

Fee: \$119.00 / person

Contact Information: Marie Dudek
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Mental Health First Aid is a 12-hour interactive certification* course designed to reduce the stigma surrounding mental health conditions by increasing an individual's skill in helping a person cope with a mental health crisis. It provides tools and resources to help overcome fear of a mental health crisis.

*3-year certification

www.creatingtoday.net/MHFA.html