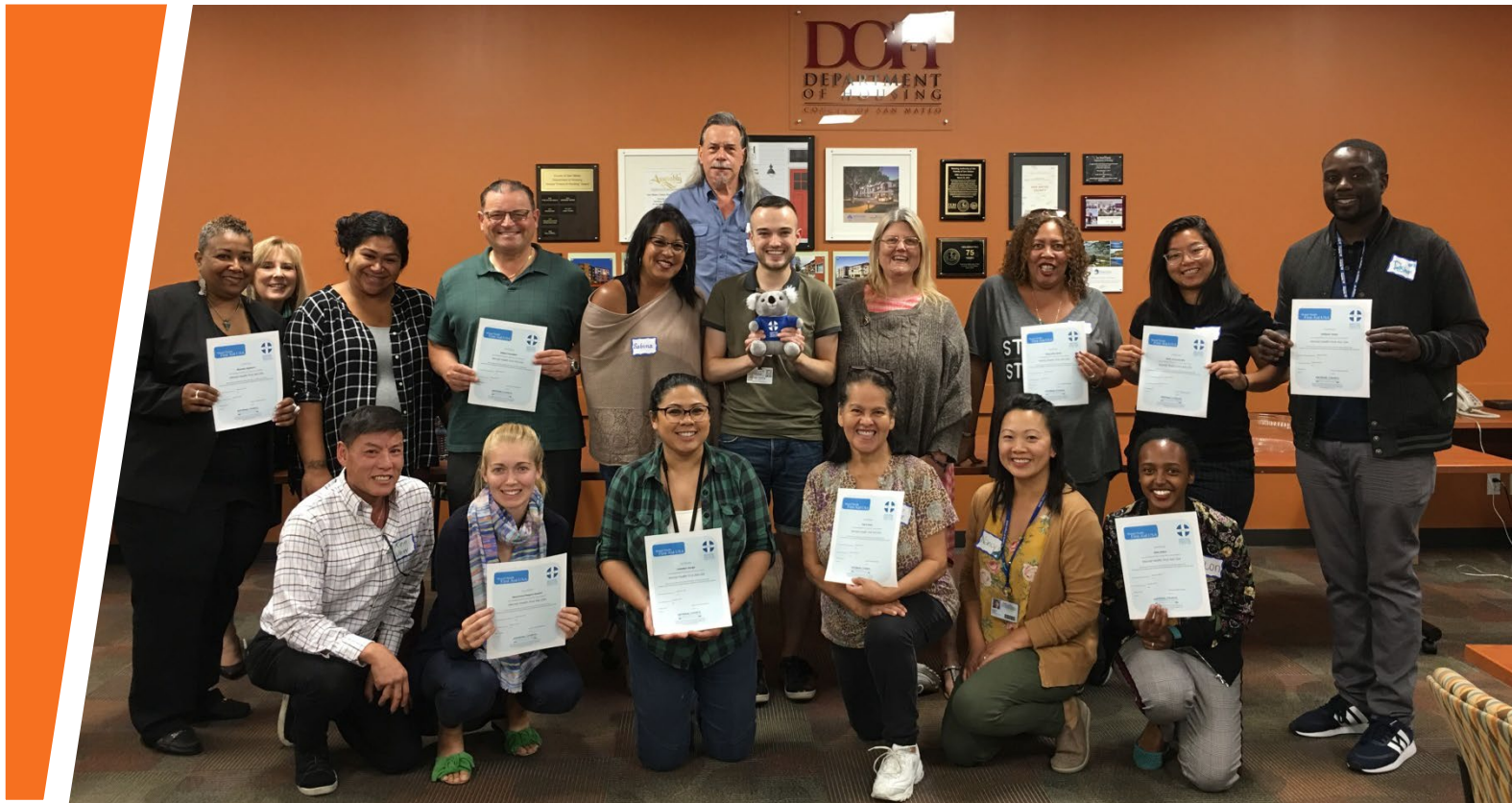


Be the one to lead by example: Get Certified in Mental Health First Aid!



Free Mental Health First Aid Training

In one day, learn how you can help someone in distress and get the tools to identify, understand, and respond to signs of mental health and substance use challenges.

You will learn about:

- Best practices for talking about mental health and substance use
 - 5-step action plan to respond to crises
 - Local resources and where to turn for help
- ❖ Questions about training? Contact Sylvia Tang at (650) 578-7165 or stang@smcgov.org
- ❖ Questions about registration? Contact Sophia Mahoney-Rohrl at (650) 738-7376 or smahoney-rohrl@pacifica.gov

TRAINING INFORMATION & SIGNUP:

Saturday, May 14, 2022

8:30AM - 5:00PM

Pacifica Community Center 540
Crespi Drive, Pacifica, CA 94044

Registration will open at 12 pm on
Saturday, April 23rd.

To register, scan this QR
Code or enter this url into
your browser: [https://
www.signupgenius.com/
go/20f0e49a5aa2aa6f58-
mental](https://www.signupgenius.com/go/20f0e49a5aa2aa6f58-mental)



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