

Health and Wellness: **Adult Mental Health First Aid training**

There are a number of options – one day or two days. Review the options and select the corresponding registration link to sign up. Notice, the registration deadline is ahead of the class start. This ensures participants have time to complete the required pre-work. Please feel free to register and/or share with others.

TRAINING DATE		DURATION	TIME(s)	REGISTRATION DEADLINE	REGISTRATION LINK
February	Thursday – Feb. 2nd	1 day/7 hour session	9am – 4pm	1/12/2023	<a href="https://www.signupgenius.com/go/10C0E45ACAE2EA7F8C70-adultmental4">https://www.signupgenius.com/go/10C0E45ACAE2EA7F8C70-adultmental4</a>
March	Friday – March 17th	2 days/4-hour sessions	4pm – 8pm	2/24/2023	<a href="https://www.signupgenius.com/go/10C0E45ACAE2EA7F8C70-adultmental5">https://www.signupgenius.com/go/10C0E45ACAE2EA7F8C70-adultmental5</a>
	Saturday – March 18th		9am – 1pm		
April	Thursday – April 20 <sup>th</sup>	2 days/4-hour sessions	9am – 1pm	3/30/2023	<a href="https://www.signupgenius.com/go/10C0E45ACAE2EA7F8C70-adultmental6">https://www.signupgenius.com/go/10C0E45ACAE2EA7F8C70-adultmental6</a>
	Friday – April 21st		<i>(same both days)</i>		