



**Mental Health  
First Aid CANADA**

# Mental Health First Aid Training

**February 24 & 25**

**9:00 am - 4:30 pm**

**Breton Community Centre**

**Lunch Provided**

**Limited Space**

**Register with Breton FCSS - 780.696.3636**

You will learn how to:

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

*Funding for the training provided by the Do More Ag Foundation*

**1 in 3 (33%) Canadians will experience  
a mental health problem at some point  
in their life.**

**The  
Do More  
Agriculture  
Foundation**