

# ADULT/YOUTH MENTAL HEALTH FIRST AID CLASSES

- » All classes are \$20 per person, to cover the cost of required participant manual.
- » All participants must be 18 years of age or older.
- » This is an 8-hour class. **We offer two options:** attend a Friday evening 5 - 9 p.m., & Saturday morning 8 a.m. - 12 p.m. session or one full Saturday 8 a.m. - 5 p.m. session.
- » A minimum class size of 5 is required. If you register and the minimum class size is not met, we will move your registration to another open date or provide a refund. General refunds will not be given.

You can register for classes by searching Mental Health First Aid on Eventbrite <https://www.eventbrite.com/> or looking under Events on our TEARSGF Facebook page. Contact Moriah Opp, [mopp@altru.org](mailto:mopp@altru.org) with any questions.

**JANUARY  
THROUGH  
MAY 2020**

## YOUTH

January 10 | 5 - 9 p.m. | Valley Middle School  
January 11 | 8 a.m. - 12 p.m. | Valley Middle School  
January 24 | 5 - 9 p.m. | Altru Professional Center  
January 25 | 8 a.m. - 12 p.m. | Altru Professional Center  
February 7 | 5 - 9 p.m. | Valley Middle School  
February 8 | 8 a.m. - 12 p.m. | Valley Middle School  
February 21 | 5 - 9 p.m. | Altru Hospital Meeting Room A  
February 22 | 8 a.m. - 12 p.m. | Altru Hospital Meeting Room A  
March 20 | 5 - 9 p.m. | Altru Professional Center  
March 21 | 8 a.m. - 12 p.m. | Altru Professional Center  
March 27 | 5 - 9 p.m. | Red River High School  
March 28 | 8 a.m. - 12 p.m. | Red River High School  
April 3 | 5 - 9 p.m. | TBD  
April 4 | 8 a.m. - 12 p.m. | TBD  
April 10 | 5 - 9 p.m. | Red River High School  
April 11 | 8 a.m. - 12 p.m. | Red River High School  
April 18 | 8 a.m. - 5 p.m. | TBD  
May 15 | 5 - 9 p.m. | TBD  
May 16 | 8 a.m. - 12 p.m. | TBD  
May 23 | 8 a.m. - 5 p.m. | TBD

## ADULT

January 25 | 8 a.m. - 5 p.m. | Altru 1300 Columbia  
February 22 | 8 a.m. - 5 p.m. | Altru Professional Center  
March 6 | 5 - 9 p.m. | TBD  
March 7 | 8 a.m. - 12 p.m. | TBD  
March 21 | 8 a.m. - 5 p.m. | Altru Hospital Meeting Room A  
April 25 | 8 a.m. - 5 p.m. | TBD  
May 23 | 8 a.m. - 5 p.m. | TBD

**\$20**  
per class

