

FREE MENTAL HEALTH FIRST AID TRAINING



MAY 2019 SCHEDULE

Central Region – MHASD, 4069 30th Street San Diego, CA. 92104

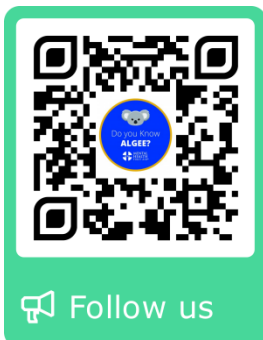
Wednesday, May 1, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	ADULT
Monday, May 6, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	SPANISH
Wednesday, May 8, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	YOUTH
Monday, May 13, 2019 (Part 1)	10:00 AM – 2:00 PM	OPEN	SAN DIEGO	ADULT
Tuesday, May 14, 2019 (Part 2)	10:00 AM – 2:00 PM	OPEN	SAN DIEGO	ADULT
Saturday, May 18, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	ADULT
Wednesday, May 22, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	VETERAN
Thursday, May 30, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	YOUTH

North Inland Region – HHSA – Live Well Center, 649 W. Mission Avenue, Escondido, CA 92025

Wednesday, May 1, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	YOUTH
Friday, May 3, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	SPANISH (ADULT)
Friday, May 17, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	ADULT
Tuesday, May 21, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	SPANISH (YOUTH)
Wednesday, May 29, 2019	8:30 AM – 5:00 PM	OPEN	SAN DIEGO	VETERAN

Central Region – CARE Community Center, 12 N Euclid Avenue, National City, CA 91950

Monday, May 20, 2019 (Part 1)	10:00 AM – 2:00 PM	OPEN	NATIONAL CITY	ADULT
Tuesday, May 21, 2019 (Part 2)	10:00 AM – 2:00 PM	OPEN	NATIONAL CITY	ADULT



To register for any of the above trainings,
Visit <http://mhasd.org/first-aid-programs>

Or call (619) 543- 0412 x113
To host a training at your location.



Mental Health First Aid is an 8-hour certified public education program that introduces participants to risk factors, warning signs and symptoms of specific types of illnesses such as anxiety, depression, substance abuse, bipolar, and schizophrenia; builds understanding of their impact, and teaches a five step action plan to support someone developing an emotional crisis.