

# GET INVOLVED & MAKE A DIFFERENCE.



## FREE Two-Day Mental Health First Aid training EAST AREA FAMILY YMCA

**Wednesday, Feb. 7 & Thursday, Feb. 8 from 9am-1:30pm**

\*Must register by January 29th; to register contact Kelly Butters at 637.2025 ext. 207; [kbutters@syracuseymca.org](mailto:kbutters@syracuseymca.org)

This training covers everything from anxiety, depression, and bipolar disorder to substance abuse disorders. Increase your understanding of the impact of mental illness & learn about common community supports.

### Who should take the course?

The course is designed for adults who regularly interact with adolescents (teachers, school staff, parents, coaches, group leaders, etc.).

**Because we can all be more aware and more informed.**

