

# FREE MENTAL HEALTH FIRST AID TRAINING

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TO REGISTER  
OR CALL 619-543-0412**



## JANUARY 2018 SCHEDULE

### Central Region – MHASD, 4069 30<sup>th</sup> Street San Diego, CA. 92104

|                             |                   |      |           |              |
|-----------------------------|-------------------|------|-----------|--------------|
| Wednesday, January 3, 2018  | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | ADULT        |
| Tuesday, January 9, 2018    | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | OLDER ADULTS |
| Wednesday, January 17, 2018 | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | YOUTH        |
| Wednesday, January 31, 2018 | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | ADULT        |

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

|                                   |                   |      |           |         |
|-----------------------------------|-------------------|------|-----------|---------|
| Tuesday, January 9, 2018 (Rm. C)  | 8:30 AM – 5:00 PM | OPEN | ESCONDIDO | ADULT   |
| Tuesday, January 23, 2018 (Rm. C) | 8:30 AM – 5:00 PM | OPEN | ESCONDIDO | YOUTH   |
| Friday, January 26, 2018 (Rm. C)  | 8:30 AM – 5:00 PM | OPEN | ESCONDIDO | SPANISH |

### North Coastal Region – North County Life Line, 200 Michigan Ave., Vista CA 92084

|                          |                   |      |       |         |
|--------------------------|-------------------|------|-------|---------|
| Friday, January 5, 2018  | 8:30 AM – 5:00 PM | OPEN | VISTA | ADULT   |
| Friday, January 12, 2018 | 8:30 AM – 5:00 PM | OPEN | VISTA | YOUTH   |
| Friday, January 19, 2018 | 8:30 AM – 5:00 PM | OPEN | VISTA | SPANISH |

### Central Region – Skyline Library Branch, 7900 Paradise Valley Rd., San Diego, CA 92114

|                                     |                   |      |           |       |
|-------------------------------------|-------------------|------|-----------|-------|
| Thursday, January 25, 2018 (Part 1) | 1:00 PM – 5:00 PM | OPEN | SAN DIEGO | ADULT |
| Friday, January 26, 2018 (Part 2)   | 1:00 PM – 5:00 PM | OPEN | SAN DIEGO | ADULT |

### South Region – CARE Community Center, 12 N. Euclid Avenue, National City, CA 91950

|                                     |                    |      |               |       |
|-------------------------------------|--------------------|------|---------------|-------|
| Thursday, January 11, 2018 (Part 1) | 10:00 AM – 2:00 PM | OPEN | NATIONAL CITY | ADULT |
| Friday, January 26, 2018 (Part 2)   | 10:00 AM – 2:00 PM | OPEN | NATIONAL CITY | ADULT |

### East Region – Our Lady of Perpetual Help, 13208 Lakeshore Dr., Lakeside, CA 92040

|                            |                   |      |          |       |
|----------------------------|-------------------|------|----------|-------|
| Saturday, January 27, 2018 | 8:00 AM – 4:00 PM | OPEN | LAKESIDE | ADULT |
|----------------------------|-------------------|------|----------|-------|

**TO HOST A FREE TRAINING AT YOUR LOCATION,  
EMAIL [Rmorrison@mhasd.org](mailto:Rmorrison@mhasd.org) or call 619-543-0412**



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.