

You CAN
communicate with your kids,
create a calm atmosphere,
and cope with stress.

Learn how with a FREE
Youth Mental Health First Aid Class



These questions and more answered —

What's the difference between everyday worries and mental health concerns?

What are the warning signs? How does mental health impact families?

Youth Mental Health First Aid is for everyone!

Become a Youth Mental Health First-Aider with skills to enhance your interactions & relationships!

Date: Saturday, March 30, 2019

Time: 8:00 am to 5:00 pm
(Sign-in will commence at 7:45 am)

Location: The COAD Group
467 Creamery Way
Exton, PA 19341

Please note: Participants are required to attend the full training to receive certification.

Register for this FREE
community training by sending
your name, cell phone number, and
session date to

ChescoMHFATrainings@gmail.com

by March 25, 2019

An important note, neither breakfast nor lunch will be provided. Participants are required to bring a packed lunch with them, and are encouraged to bring a snack and beverage as well.