



District of Columbia Baptist Convention

MENTAL HEALTH FIRST AID

Presented by the Office Equipping Leaders and the Office of Administration and Stewardship

Mental Health First Aid is a national program that teaches you how to identify, understand and respond to a person who may be experiencing a mental health or substance use challenge. The 8-hour certification course is designed to take the fear and hesitation out of starting conversations about mental health and substance use problems, improve understanding, and provide an action plan to help support someone who may be unwell or in crisis. The Youth Mental Health First Aid certification is intended for adults who desire to help adolescents between the ages of 12-17.

Friday, January 24 - Adult

Saturday, February 8 - Youth

*Saturday, February 29 - Youth (Snow Day)

Friday, March 20 - Youth

Saturday, April 4 - Adult

Monday, May 4 - Youth

Friday, May 15 - Adult

Wednesday, May 27 - Youth

Thursday, May 28 - Adult

Friday, June 5 - Youth

Monday, June 15 - Adult

Tuesday, September 1 - Adult

Thursday, September 3 - Youth

Cost: \$75

(included MHFA Manual and Handouts)

YOUTH MHFA - \$75

(included MHFA Manual and Handouts)

LOCATION: District of Columbia Baptist Convention

1628 16th Street, NW Washington, DC 20009

www.dcbaptist.org

202.265.1526

REGISTER ONLINE

WWW.DCBAPTIST.ORG