

YOUTH MENTAL HEALTH FIRST AID FOR ADULTS ASSISTING YOUTH



MENTAL
HEALTH
FIRST AID



HOW IT WORKS:

- FIRST COMPLETE 2HR ONLINE TRAINING (SELF-PACED)
- THEN ATTEND 5HR VIRTUAL INSTRUCTOR-LED TRAINING

Register online at: www.plumasruralservices.org/1staidyouth

JANUARY 20, 2021

9:30AM - 3:30PM

1hr included for breaks

ONLINE

FREE! \$100 VALUE!

18yrs+ to attend



2HR ONLINE SELF-PACED TRAINING MUST BE COMPLETED BEFORE ATTENDING THE VIRTUAL INSTRUCTOR LED TRAINING. INFORMATION PROVIDED AFTER REGISTRATION.

For more information contact:

Tammy Masters

Email: tmasters@plumasruralservices.org

Phone: (530) 283-2735 ext. 882

The logo features a stylized mountain range with a sun rising over it.
Plumas Rural Services
Serving people, Strengthening families, Building communities
www.PlumasRuralServices.org