



LeaderShift

DO YOU WANT TO RECOGNIZE THE SYMPTOMS OF
MENTAL HEALTH PROBLEMS? PROVIDE INITIAL HELP?
GUIDE A PERSON TOWARDS APPROPRIATE PROFESSIONAL HELP?

MENTAL HEALTH FIRST AID TRAINING

COME TOGETHER WITH OTHER UNITED CHURCH
PEOPLE TO BE TRAINED IN MENTAL HEALTH FIRST AID

IN THIS 12 HOUR WORKSHOP YOU CAN LEARN TO:

- Preserve the life of someone who may be in danger to themselves or others
- Provide help to prevent the mental health problem from becoming more serious
- Provide comfort and reassurance to a person who is experiencing a mental health problem
- Promote the recovery of good mental health

This unique opportunity to learn alongside other United Church people, in our Christian context, will be especially beneficial for those offering pastoral care, people in front line work, reception, thrift store, food programs, family ministry and beyond. You will be trained in the recognized Mental Health First Aid course of the Mental Health Commission of Canada. While medical first aid has long been understood as a necessary response to an injured person, mental health first aid is a critical life skill that everyone should acquire.



The course leader, Dr Julie Clayton, is a certified MHFA instructor, a highly skilled counsellor, holds a Master of Divinity and years of experience as a congregational pastor.



LeaderShift is giving this training high priority across the whole of the Pacific Mountain Regional Council in 2020 - by subsidizing the training fee and working with communities of faith to provide meeting space free of charge. Please check the calendar for dates and a location near you.

REGISTER: LEADERSHIFT.M.CA/UPCOMING