

# Mental Health First Aid Course

**When:** March 8 & 9 2019

Registration 8:30

Course runs 9:00 - 4:30

**Where:** Grace Lutheran Church

4218 - 56 Ave

Wetaskiwin



Equip yourself to deal with some of the most common mental health issues among family and friends including depression, anxiety, substance abuse and others. The course is being organized by the C.A.Re Committee and the West Central Area Leadership Team of the Synod of Alberta and the Territories.

The course is limited to 25 registrations. Minimum registration is 8.

Participation at both days is mandatory if you wish to attend.

Registration fee: \$25.00 to cover costs of refreshments and meals.

Register at this link : <http://albertasynod.ca/ministries/c-a-r-e/upcoming-events/>

Contact Person: Vivian Holtby at (780) 352-1246



**CARe** Congregational Action and Response  
for Mental Health

