

News and Information

October 2, 2015

Okanagan Mission Secondary School PAC Presents **Mental Health First Aid Canada: For Adults who Interact with Youth**

Kelowna, B.C. –

The Okanagan Mission Secondary School Parent Advisory Council is hosting a training session on ***Mental Health First Aid Canada: For Adults who Interact with Youth*** on:

Date: Tuesday Evenings (Registrants must attend all sessions)
October 13th, October 20th, October 27th and November 3rd

Time: 6:00 pm to 9:30 pm

Location: Okanagan Mission Secondary School Library
4544 Gordon Drive
Kelowna, B.C.

Cost: \$115.00 per participant (includes course manual) – *cheques payable to OKM PAC*

Instructor: Michele Hucul, from The Bridge Youth and Family Services
<http://www.thebridgeservices.ca/mental-health-first-aid-training-course>

This is an excellent opportunity! Anyone can benefit from learning Mental Health First Aid: parents, teachers, counsellors, coaches, program leaders, grandparents, aunts, uncles, and the list goes on ...

- In Canada, **one** person in **three** will experience a mental health problem in their lifetime.
- **One** in **five** will experience some problem with their mental health in the course of a year.
- Half of all mental disorders begin by age 14, and **75%** begin by age 24.

Course Description: <http://www.mentalhealthfirstaid.ca/EN/course/descriptions/Pages/Fees.aspx>

Why should you take the course? Get involved and join over 38,500 mental health first aiders across Canada. Mental Health First Aid teaches participants how to help someone who is showing signs of a mental health problem or experiencing a mental health crisis. This is basic first aid for mental health and information that can be used in your daily life. This course provides you with an understanding of when you need to worry about what you are observing. The more people who are able to provide a quick, caring

and supportive response for a youth who is struggling, then the more youth who may receive the support they need for a mental health problem or disorder.

The course information and the registration form are posted on the Okanagan Mission Secondary School website (www.okm.sd23.bc.ca). Completed forms, together with your cheque, can be dropped off at the Okanagan Mission Secondary School office. Please contact fionasherwood@shaw.ca if you have any questions about the course or the registration process. Please be sure to register for this course by Monday, **October 5, 2015**. Registration is “first come, first served” so please reserve your seat as soon as possible!

For comments, please contact:

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