



**Family & Professional Learning Center**  
at Northshore Education Consortium

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## **Youth Mental Health First Aid 8-Hour Course**

Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social and self-help care.

***This training is for anyone who works with or simply has contact with adolescents and wants to increase their knowledge of mental health amongst this age group. Please note this is not intended for those who are already trained in counseling or mental health.***

**Instructors:** Windi Bowditch, LMHC & Robyn Steinberger, SAC

**When:** Tuesday, April 21, 2020  
8:00 am – 5:30 pm (1 hour for lunch)

**Where:** Northshore Education Consortium  
112 Sohier Road, Beverly, MA 01915 (3<sup>rd</sup> Floor Board Room)

**Cost:** \$ 25.00\*\* includes refreshments (not lunch) and materials

**[REGISTER HERE](#)**

**For course information contact:**

Windi Bowditch  
978.232-9755 ext 1261 ~ [wbowditch@nsedu.org](mailto:wbowditch@nsedu.org)

*\*Training is an 8-hour course and will begin promptly at 8 am.*

*\*\* Due to a generous grant from the John W. Alden Trust to support Youth Mental Health First Aid training, we are able to offer this course at the reduced rate of \$25 (normally \$100)*

**Youth Mental Health First Aid 8-Hour Course  
REGISTRATION**

***WAYS TO REGISTER***

- 1) From the NEC Website: [Youth Mental Health First Aid](#)
- 2) Complete the form and fax to 978 232 9449

Name \_\_\_\_\_ School \_\_\_\_\_

Purchase Order # \_\_\_\_\_

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**For registration & payment information contact:**  
Kathy Mahoney, Northshore Education Consortium  
978.232.9755 x 1258 ~ [kmahoney@nsedu.org](mailto:kmahoney@nsedu.org)

**Register online go to:**

<https://www.nsedu.org/youth-mental-health-first-aid-8-hour-course/>

**To register by mail send check or PO to:**  
Northshore Education Consortium  
112 Sohier Rd  
Beverly, MA 01915

**Participants will receive 8 PDPs upon completion**