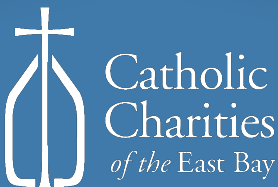




**MENTAL  
HEALTH  
FIRST AID**



## About Catholic Charities of the East Bay

Catholic Charities of the East Bay's services are rooted in compassion and human dignity for all. We work with youth, children and families to promote resilience, strengthen families and pursue safety and justice. We serve and work in partnership with all and celebrate the diversity of our community, including those of any background, race, ethnicity, gender identity, sexual orientation, and religious or spiritual affiliation or belief.

*We are looking to host Youth Mental Health First Aid trainings in parishes throughout the Diocese. Please contact Cat Willett ([cwillett@cceb.org](mailto:cwillett@cceb.org)) if you are interested in hosting a training.*

## Mental Health First Aid USA

Do you minister to youth in your church? Are you a parent or caregiver of a teen? If so, you're invited to our next Youth Mental Health First Aid course!

Just like CPR training, Mental Health First Aid prepares you to recognize the signs and symptoms of distress and connect a youth with the help they need. Mental Health First Aid trainings empowers adults who engage with adolescents to respond compassionately and directly when a youth experiences a mental health challenge or crisis.

Whether a youth is experiencing a mental health struggle or spiritual crisis, the tools learned in this training, including what signs to look for and how to offer direct and compassionate help, will be an asset to anyone who is supporting the emotional and spiritual development of youth.

## Dates and Locations

April 5th, 2018  
9:00 AM - 5:00 PM  
433 Jefferson St  
Oakland, CA 94807

**Register: [bit.ly/April-YMHFA](https://bit.ly/April-YMHFA)**

May 19th, 2018  
9:00 AM - 5:00PM  
32223 Cabellos St.  
Union City, CA 94587

**Register: [bit.ly/May-YMHFA](https://bit.ly/May-YMHFA)**

April 26th + 27th, 2018  
9:00 AM - 1:30 PM  
433 Jefferson St  
Oakland, CA 94807

**Register: [bit.ly/April-halfday-YMHFA](https://bit.ly/April-halfday-YMHFA)**

June 9th, 2018  
9:00 AM - 5:00PM  
St. Columba Catholic Church  
6401 San Pablo Ave.  
Oakland, CA 94608

**Register: [bit.ly/StColumba-YMHFA](https://bit.ly/StColumba-YMHFA)**

## Registration and Contact

Registration is free thanks to Project AWARE Community funding. Registration is required and includes breakfast (and lunch if full day training), and materials.

**Cost: Free (\$175 value)**

**See all available trainings at: [bit.ly/CCEB-MHFA](https://bit.ly/CCEB-MHFA)**

Questions? Contact Nesi Wills at [fwills@cceb.org](mailto:fwills@cceb.org) or 510-290-6103