



# Mental Health First Aider Online Support Session

## WHO SHOULD ATTEND:

CERTIFIED MENTAL HEALTH FIRST AIDERS ONLY

## FACILITATED BY:

The LightHouse Arabia MHFA Instructors

## WHAT:

- This is a Free-of-cost support session for individual's who have been trained by The LightHouse in *Adult* or *Adolescent* MHFA.
- The session will offer support to Certified Mental Health First Aiders
- De-brief & reflect on first-aid situations you've experienced
- Ask MHFA Instructors any questions you may have



*Mental Health for  
Everyone, Everywhere*

## SESSION DATE

Wednesay, January 20<sup>th</sup>, 2021

## TIME

5pm - 6pm

## RESERVATIONS:

<http://bit.ly/3mV3L8x>

## LOCATION:

This is an online group. A link to the Zoom meeting will be sent following event registration.

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