



## Adult Mental Health First Aid for Older Adults, Family, and Caregivers

Dates:

Friday June 3, and Saturday, June 4

OR

Monday, June 6, and Tuesday, June 7

**Place:** South Shore Mall  
NAMI Room (across from CASA office)

**Time:** 9:00 am to 1:00 pm both days

**Cost:** Free to participants

**Registration:** E-mail [theresamahar@msn.com](mailto:theresamahar@msn.com)  
Phone 360-489-7999

Pre-registration is appreciated to ensure comfortable seating.



**Snacks provided both days**  
**Lunch provided first day**

Mental Health First Aid for seniors is an 8-hour program introducing the conditions and mental health concerns for older adults. The training explores the aging process and ways those who help/care and love seniors can recognize the natural aging process versus conditions that may require mental health assessment and treatment.

**Each participant will receive national certification as a Mental Health First Aider – 8 credits. This is a DSHS approved training for 8 hrs.**

This program is funded through the Seabrook Foundation and NAMI Washington Coast